



Skin Brushing

Unlike blood which is pumped by the heart, lymph does not have a specific pump to ensure that it travels effortlessly around the body. Skin brushing can greatly enhance the performance of the lymphatic system and encourage efficient drainage. It is also an excellent way to help detoxify the body. It is one of the best lymphatic cleansers known, and therefore is supportive of the spleen. When practiced daily for a few months, it can also improve body tone.

Using a good skin brush, this treatment should be carried out on dry skin for about 3 minutes prior to having a shower or bath.

- Brush your feet, toes and soles and then the front and back of your legs (use long, smooth strokes). Always brush upwards and towards the groin.
- Brush your buttocks and lower back (as well as you can) using upward strokes.
- Put one arm up in the air, allowing gravity to help drain the lymph to the armpit, and sweep down then arm with gentle strokes, drawing the brush towards the armpit.
- Brush across your shoulders and down the chest towards the heart (avoiding the nipples).
- Brush the back of your neck with downward strokes.
- Brush the torso by brushing towards the heart, and when doing the lower abdomen, brush up the right-hand side, just on the inside of the hip bone, across the transverse colon beneath the ribs and down the left hand side, then gently across the pelvic area to complete the circle. This follows the natural direction of the colon. Repeat.

Your skin will become more resilient and you will be able to take more vigorous brushing after a few weeks. Visualise while you do this that your body is being cleansed and purified with all the toxins being dredged into the lymphatic system to be released in the colon.

Skin brushing is subject to “homeostatic resistance” in other words the body quite simply gets used to it. To override this, it is best to follow a regular daily programme of skin brushing one to two times a day for three months, then reduce this to twice a week – preferably keeping to a regular routine. The piece de resistance is to take a warm shower and follow this with a quick blast of cold water. Apart from being highly stimulating, this encourages the dilation and contraction of the blood vessels and further incites movement of the lymph. It is very invigorating!

Note: stools may contain large amounts of mucous after beginning skin brushing, which is a good sign that the body is beginning to clear away old matter.