



Dry Skin Brushing for Vital Health (adapted from Dr. Phillip Incao)

Dry skin brushing is one of the finest health and beauty treatments that we can give ourselves. To fully appreciate the importance of healthy skin activity we need to understand a little about the vital role it plays in our body.

The skin is the largest and most diversified organ of the body. It weighs almost twice as much as the liver or brain and receives one-third of the circulation blood. It is an organ of respiration as well as absorption, and is able to assimilate oxygen and nutrients for use in the body. Above all, the skin is an organ of elimination aiding in the important task of cleansing the body of toxic waste. The skin is often called the third kidney because the skin and kidneys work hand in hand. A chemical analysis of perspiration shows that it is very similar to urine. Both contain large amounts of uric acid which is the primary waste product of metabolism. Every square inch of skin has hundreds of pores made up of tiny muscles which must be exercised to get rid of toxic wastes. If the skin is under active, the other eliminative organs of the body will have to assume more of the burden of detoxification. To keep the skin active and healthy it should be brushed daily.

Daily dry skin brushing will:

- help to warm cold hands and feet,
- remove dead skin cells and cleanse the pores,
- help keep the skin soft, supple and youthful by stimulating the hormone and oil producing glands of the skin,
- improve circulation thus benefiting every organ and tissue in the body,
- help to control cellulite by developing better muscle tone and distribution of fat deposits,
- increase the body's capacity to eliminate waste products,
- have a rejuvenating effect on the entire nervous system by stimulating the nerve endings in the skin and
- relieve pain and stiffness of muscles and joints.

How to Brush:

Use a natural vegetable fiber brush, available in most health food stores, not a loofa. Use it dry to brush your entire body before dressing every morning, (after your morning shower, not before). Your skin may be sensitive, so start lightly, but aim to brush as vigorously as you can as you get used to it.

Start by brushing your hands, front and back and work up your arms with long straight or spiraling strokes to your shoulders. Then brush your scalp and work down the neck, the back, torso etc, trying to cover your whole surface and pausing to brush longer in a circular motion over any areas that are stiff or sore, especially the lower back. Keep brushing vigorously down the body, then down the legs to the feet. By now you should feel warm all over and very awake!

Now put few drops of the prescribed oil mixture in the palm of one hand and with the fingertips of your other hand rub the oil into your temples, inside your wrists and elbows, on your solar plexus just below your ribs and above your hips (over kidneys), behind your knees, then ending by rubbing any excess oil from your hands on your foot soles and ankles. The whole process should take no more than three to five minutes. If you can't spare that much time, then rub the oils on without brushing first. Clean your brush with soap and water at least weekly.

This is a great way to incarnate and take hold of your body every morning, and much healthier than a cup of coffee. Try to make a habit of brushing and oiling every morning – it will give you a healthy boundary.

Sources:

Let's Get Well by Paavo Airola

You Can Master Disease by Bernard Jensen

Nature Has a Remedy by Bernard Jensen

Townsend Letter for Doctors December 1989