



Cooking and eating for health and vitality

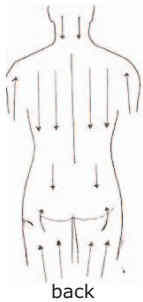
Skin brushing

This fact sheet explains skin brushing, one of the simplest and most well-known naturopathic technique. It is invigorating and can be done daily for anything up to 15 minutes before taking a shower.

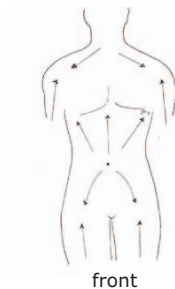
The skin eliminates about 10 per cent of the waste produced by our cells, and because of this the Chinese call it the 'third lung'.

The action of skin brushing temporarily removes what is referred to as the acid mantle, which protects and waterproofs the surface of the skin. This acid mantle is made up of an oily secretion called sebum and the salty watery solution that makes up sweat.

By skin brushing you are allowing your body to 'breathe'. It stops pores becoming blocked and allows fresh elimination to take place. It also stimulates the circulation drawing blood to the surface causing redness; this in turn stimulates the lymphatic system to release toxins through the skin.



back



front

If you fancy incorporating skin brushing into your daily routine, you will need a natural non-synthetic bristle brush. It is helpful if it has a long detachable handle so you can reach your back!



Always brush from the feet and down from the neck towards the heart, not away from it. Start at the soles of the feet, then brush in small strokes up the feet, ankles, calves, thighs, buttocks. Then brush up the front and back of the torso as far as the heart. Work up the hands and arms and then down the neck, chest and upper back to the heart.

Avoid brushing the face as the skin is too sensitive and only brush gently over the breasts.



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