



Dry Brushing for Inner and Outer Healing

**Discovering the Healing Power of Dry Brushing for Lymphatic Health,
Reduced Cellulite and Healthier Skin.**

By Hasan Akram

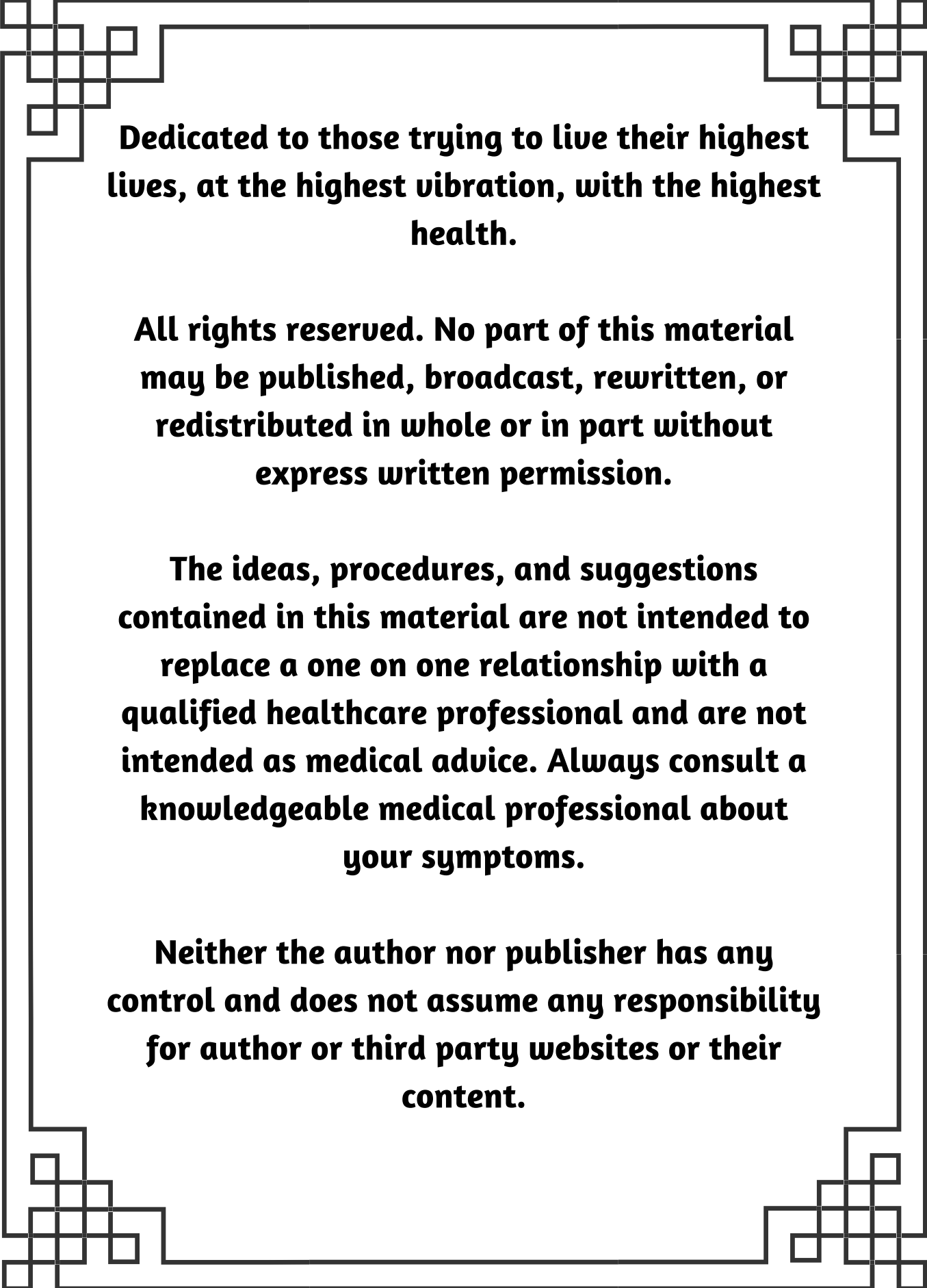
**Is this a contributing
solution for people
with ADHD, ADD,
Autism and Anxiety?**



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**Is this a contributing
solution for people
with cellulite?**



**Dedicated to those trying to live their highest
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INTRODUCTION



Brushing the skin while it is dry allows you to exfoliate and increase blood circulation without robbing it of moisture, as the hot water in the shower can.

–Cleveland Clinic

Take a moment to think about how your Lymphatic System is an unsung hero and responsible for many functions, including maintaining healthy body fluid levels, protecting your body from illness-causing invaders, removing cellular waste and absorbing digestive tract fats. Constantly moving toxins out of your tissues and removing them from your cells, it truly is a key to your body's immunity and energy.

In fact, the lymphatic system is an extensive drainage network which helps keep your bodily fluid levels balanced while defending against infections.

The lymphatic system is actually made up of a complex network of lymphoid organs, lymph ducts, lymph capillaries, lymph tissues, lymph nodes and a network of lymphatic vessels which carry not only lymph, but also other substances, throughout the body. It has been referred to as the “distribution network” of the immune system, working tirelessly to ward off bacteria and other stealth pathogens.

In fact, your Lymph System is so vital to our life force that if it stopped working, we would die within 24-48 hours.

INTRODUCTION

Compared to the cardiovascular system, the lymphatic system has not been the focus of much research in the past. However, discovery of it's important role in the body's immune system means that it has increasingly become the focus of research in present times.

Did you know that the spleen is part of the lymphatic system?

In fact, the spleen, which is located in the upper left part of the abdomen, works as part of the lymphatic system by protecting the body and clearing out worn out blood cells - along with other foreign bodies - from the bloodstream in order to help fight off infection.

We can break the lymphatic system down into three functions:

1. Removal of excess fluids from body tissues. This process is critical because proteins, water, and other substances continuously leak out of tiny blood capillaries into surrounding tissues. If your lymphatic system didn't drain the fluid, the lymph would begin to build up in the tissues, causing them to swell.
2. Absorption of fatty acids and the subsequent transport of fat, chyle, to the circulatory system.
3. Production of immune cells.

The lymphatic system can also be seen as a huge player in overall health, working simultaneously with both the liver and bile system as well.

You may not know that detoxification for your body is an ongoing, 24/7 effort that occurs naturally - thanks to your lymphatic system..

Unless, of course, you have Lymphatic Congestion...

Lymphatic Congestion just so happens to be one of the most subtle and pervasive causes of all disease.



SYMPTOMS OF LYMPHATIC CONGESTION

Symptoms of lymphatic congestion show up in **MANY** stealth ways:

- Brain Fog, Headaches & Migraines
- Insomnia
- Depression
- Chronic Sinus Issues and Allergies
- Constipation, Bloating and Weight Gain
- Cellulite
- Pain in the Body
- Acne and Skin Conditions

And let's not forget the long-term consequences: autoimmunity, chronic disease, cancer, and so on.

The lymphatic system, while vital to it's primary focus of supporting the liver and kidneys, is also often neglected – yet just as vital – for detoxification. As a matter of fact, you will almost always find lymph stagnation present in the majority of chronically ill individuals.

You may also find that supporting lymph drainage is a crucial part of any detox plan.

THE LYMPHATIC SYSTEM DETOX

With the important roles that the lymphatic system leads, you want to make sure that it is working properly and without congestion. A sure-fire approach to keeping the lymphatic system clear is to remove the congestions and create detoxification pathways. But how?

Dry Brushing. In fact, dry brushing is actually designed to open your lymphatic system and remove the congestion.

Once again, I want to touch base on the fact that one of the main functions of the lymph system is to act as the “sewage system” of the body. Meaning that when toxins are carried out of the cells, they first pass through the extracellular matrix to the lymph, then finally to the organs of elimination.

However, when your lymph system remains stagnant, toxins are able to build up in the extracellular matrix, which is often the cause of worsened symptoms.

IMPORTANT: Unlike blood, lymph does not have a pump that moves it into circulation. Rather, the lymph system relies on muscle contraction to create flow.

Which means that lack of movement actually causes the lymph to become stagnant, blocking the detoxification ability. This may be especially problematic for chronically ill or fatigued individuals, considering there’s a chance they may be significantly less active (not to mention those who work long hours at sedentary occupations).

As mentioned before, the lymphatic system is described as the detox distribution network of your immune system. It works continuously and tirelessly to fight bacteria, viruses, stealth pathogens, remove waste AND support energy!



BASIC FACTS ABOUT YOUR LYMPH SYSTEM

- Almost every chronic health issue is affected by the health of the lymphatic system.
- Without proper flow of lymph, your system can become congested.
- The lymphatic is responsible for carrying all wastes out of your other systems, if they aren't carried away, the wastes begin to build up.
- Toxins have nowhere to go, and so they become embedded in your tissues. This leads to edema and the potential for total system dysregulation; autoimmune disorders, severe infections, and even mood disorders.
- Without the proper removal of waste and toxins, your body cannot heal and continue its daily functions.

SYMPTOMS OF LYMPHATIC CONGESTION

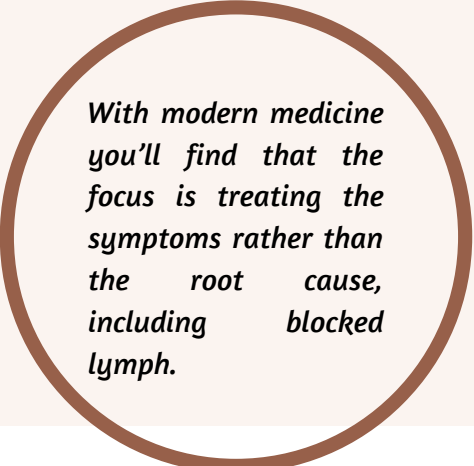
As mentioned earlier – symptoms of lymphatic congestion can show up in a long list of ways:

- Brain Fog
- Headaches
- Migraines
- Insomnia
- Depression
- Chronic Sinus Issues
- Allergies
- Acne
- Skin Conditions
- Constipation
- Bloating
- Weight Gain
- Cellulite
- Pain in the Body

... and more. This long list of symptoms is why people flock to the words ‘detox’ and ‘cleanse’. It’s not hard to tell that something is wrong with you and your body, you can feel that things are not the way they are intended to be.

Unfortunately, modern medicine has overlooked the lymphatic system. In fact, there isn’t even a way to measure lymph flow. Which, somehow makes sense considering there is no quick fix to lymph. There is no magic pill or radical diet to change, no billion-dollar industry growing up around this issue.

And yet, it’s quite possible ruining your health – and ultimately, your life.



With modern medicine you'll find that the focus is treating the symptoms rather than the root cause, including blocked lymph.



Alas, a vicious cycle is born:

- You treat the autoimmunity, but not the lymph congestion
- You treat the fatigue, but not the lymph congestion
- You treat chronic pain, but not the lymph congestion

I'll leave it to you to fill in the blanks.. but it should be understood that in the end, you find yourself struggling to feel better. Moreso, even the most tenacious person may give up if they never see any progress or change.

Treating the blocked lymph in your body allows it to filter out all of the wastes and toxins that have built up, giving you back the energy that you need to achieve optimal health.

Remember, the lymphatic system has no central pump, it moves when you move. Making the more modern, sedentary lifestyles an unattractive option for lymph flow. So in this case, dry brushing is not for aesthetic reasons, such as anti-aging, but rather for lymph flow.

Clearing out stagnation to enhance lymphatic flow is crucial to your body's built-in detox and immune systems, hormone balance and "inner" rhythm.

What happens next...

What happens when your lymph system is not supported?

- Autoimmune Disease
- Dementia
- Diabetes
- Heart Problems.
- Chronic Fatigue
- Thyroid and Skin Issues

Actually, all of the stress and toxicity can pile up and become autoimmune disease, anxiety and chronic illness. Good news is that you can actually stimulate your body's built-in systems in order to release these trapped toxicity, created by stress.



THE BENEFITS OF DRY BRUSHING

Did you know that the skin is the body's largest organ, and that it is responsible for about one fourth of daily detoxification for your body?

An easy and effective method for body detoxification is Dry Brushing.

If you aren't familiar with Dry Brushing, it is an ancient technique that helps to detoxify the body more effectively, along with rejuvenating your skin to keep it looking younger and healthier.

Not only does it improve the appearance of your skin by discarding the dead cells to help new skin regenerate, but it also has been shown to stimulate blood circulation, the lymphatic system, and enhance toxin elimination!

The list of beauty and wellness treatments is steadily growing, as you may have noticed, and when it comes to detoxifying, don't be surprised if you begin hearing more and more about dry brushing.

Why is it important for great health?

Getting a little more technical, it's important to note that the Lymph System is made of white blood cells called lymphocytes and the interstitial fluid that bathe our cells, bringing our cells important nutrients while removing their waste. Actually, the lymphatic system absorbs fats and fat-soluble vitamins from the digestive system, it then distributes these nutrients to the cells of the body.

All detoxification begins first and foremost through the lymph, meaning that the lymphatic system is responsible for removing waste, debris, pathogens, toxins, and cancer cells.

While dry brushing, you are literally pumping the lymph system which helps it to move toxins that cannot be transported any other way back to the circulatory system for elimination. Imagine if these toxins were to stay in our systems outside the blood vessels attracting other fluid, resulting in swollen joints, skin issues and cellulite, or even worse it could leave your immune system weakened leaving it to contribute to many other illnesses.

Taking into consideration that the body's lymphatic system is stimulated through dry skin brushing, toxins are more efficiently excreted from the body through breath, sweat, urination and elimination. And because the toxins are eliminated from the body quicker, dry brushing can also strengthen the immune system. It may even help keep you healthy through cold and flu season, and reduce the duration of illnesses while accelerating healing by clearing toxins from the body.



Three incredible benefits of dry brushing include:

- Elimination of dry, flaky skin - It's important to allow your skin to breathe by unclogging your pores. Dry brushing removes the dead skin cells, allowing your skin to absorb moisture better, resulting in plumper, less wrinkly looking skin.
- Relief of discomfort and swelling - Suffering with swollen ankles, legs or feet? Dry brushing your body may offer quick relief from swelling or water retention by simply activating your lymph flow and circulation.
- Reduction of toxins under the skin - When you stimulate your lymphatic system you are helping it release toxins. Dry brushing is a powerful detoxification aid, which is the reason it also helps to reduce the appearance of cellulite.

What is Dry Brushing?

Dry brushing is an age-old method of brushing skin with a natural brush to stimulate lymph flow, exfoliate skin, improve circulation and reduce cellulite. No matter if you are looking to stimulate collagen production or improve the overall texture of your skin, dry brushing will help to buff away dead skin cells to reveal healthier and younger looking skin. In addition to the cosmetic side of dry brushing, it is also a great natural way to increase blood circulation and stimulate the lymphatic circulatory system.

Dry brushing is a type of Ayurvedic medicine that has actually been around for centuries and believed by many to have a vast variety of health benefits. **Some of those benefits include:**

- Skin exfoliation
- Increased circulation and energy
- Stimulated lymphatic system
- Rids the body of toxins
- Helps to break down cellulite



THE REMOVAL OF TOXINS

As mentioned before, the lymphatic system helps your body fight off infections, meaning that fluids flowing through the system are being filtered through the lymph nodes. If you are sick or exposed to many toxins, your system may become clogged and backed up, which is why your lymph nodes often become swollen if you have a cold.

It is thought that dry brushing releases toxins through sweat. Coarse bristles of the brush are meant to stimulate the pores and open them up making it easier for the body to sweat, in turn reducing the amount of toxins flowing through the lymphatic system.

Cellulite

Cellulite is a condition that mainly affects women, giving affected areas a rippled or “cottage cheese” appearance on the skin. The cause behind cellulite, however, is not fully known.

Where massage has been shown to temporarily reduce the appearance of cellulite, it is claimed that dry brushing may have the same effect due to its similarities of massage on the body, allowing for a reduction in the appearance of cellulite.

Lymphatic System Dry Brushing Detox

After deciding to practice dry brushing to improve your overall health, you will want to choose a brush with natural bristles – synthetic and nylon fiber brushes will be too sharp and can potentially damage skin rather than improve it.

Here are some tips to get you started with a dry brushing routine:

- Dry brush your dry and naked body before you shower or bathe.
- Start at your feet and sweep in an upward motion, always moving towards your heart.
- Sweep toward the inner thighs, where the lymph nodes are.
- For arms, sweep toward the arm pits also where there is a cluster of lymph nodes.
- Every morning is best, but do it any time before a bath or shower, at least a few times per week.
- In addition, dry brushing your skin before getting into an infrared sauna or warm bath will help your skin and your body to detoxify and stay younger and healthier over time. You can complete this simple and inexpensive home remedy with your favorite natural moisturizer. Coconut oil, almond oil or any other natural oil with a few drops of your favorite essential oils is also a great option.

How to Practice Dry Brushing

Once again, after you have decided to practice dry brushing you are going to need to get the proper tools in order to practice effectively. It is recommended that you look for a natural fiber brush, preferably with a long handle to help you reach all areas of your body.

Once you have acquired the proper brush, you can follow these steps to get you started in your routine:

1. Start at your feet and move up your body.
2. Brush your skin using wide, circular, clockwise motions.
3. Use light pressure in areas where your skin is thin and harder pressure on thicker skin, like the soles of your feet.
4. Brush your arms after you have brushed your feet, legs, and mid-section. You should brush upward towards your armpits.
5. After dry brushing, take a cool shower to help remove the dry skin.
6. After your shower, dry off and then consider adding natural plant oil, such as olive or coconut oil, to moisturize your skin.

It's important to keep in mind that when you first start dry brushing, begin with light brushing, then as you get used to it, you can increase the pressure you use. Also, be sure to avoid sensitive areas and anywhere the skin is broken. These include areas with the following:

- rashes
- wounds
- cuts
- Infections

Also, you should never brush an area affected by poison ivy, poison oak, or psoriasis; nor the face unless you are using a softer brush made specifically for that purpose.

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HOW TO PRACTICE DRY BRUSHING

And while dry brushing may not be the be-all end-all for attaining perfect skin, it does have its benefits, from plumping to exfoliating.



- **Boosts circulation:** You may notice your skin turns red after dry brushing, this is not just a result of irritation, and it honestly isn't cause for concern. The redness, which is just a bit of inflammation, is actually the result of improved and increased circulation in areas that you've been dry brushing. The result of this practice has your body simply pushing more and more blood to those areas.
- **Aids with lymphatic drainage:** Apart from leaving you with radiant, glowing skin, dry brushing also encourages lymphatic drainage. All blood carries lymph fluid, which will filter through the lymph nodes. When you practice dry brushing, you are speeding up the rate of blood pumping, which encourages the lymph through the body, resulting in much quicker removal of toxins and pathogens.
- **Exfoliates dead skin:** You may be familiar with one or many methods of exfoliating, as with all methods of exfoliating, dry brushing clears away the day's dirt and oil along with dead skin cells. Therefore leaving you with increased cell turnover and more radiant, smooth skin.
- **Plumps the skin:** Many people swear that their cellulite becomes less noticeable after dry brushing, this is due to the temporary plumping effect that it has on the skin. It has also been shown to help with the appearance of sun damaged skin.

JUST BRUSH IT OFF

Many people with Sensory and Processing Disorders, ADHD, ADD, Autism or anxiety sometimes respond to the world around them as if fingernails were scratching down the surface of a chalkboard. Many times as the frustration for a child with one or many of these challenges become frustrations of the parent or those around them, people may find themselves wishing that the person could just brush it off.

Oddly enough, that is the exact solution. Not simply trying to ignore the sensory overload that is causing so much pain or distraction for your child or loved one, but therapeutic brushing!

Imagine yourself alone in a quiet room completely engrossed in what you are doing, so embroiled that you are unaware that someone has entered the room; the person then abruptly bellows causing you to startle and practically jump out of your skin. Now imagine what it would be like to always be so easily startled.

Consider an infant for a moment. When a baby is adjusting to the new world around them and is unexpectedly met with a sound, a light, a touch, or a shift in direction, their still developing nervous system picks up on that sensory experience causing the “startle reflex” in the baby, otherwise known as the Moro reflex. Incredibly enough, the baby can typically be calmed through swaddling, a firm pressure that comforts the child.

There is a theory that suggests the problems associated, or experienced, by someone with ADHD or ADD may be in correlation to an underdeveloped, or immature nervous system. In an attempt to stimulate the nervous system, a situation is created through therapeutic brushing where the body can learn to move past this particular stage. And while the research on this practice is quite limited, the positive results are certainly not. In fact, these strategies have improved tactile responsiveness, reduce impulsiveness, ease transitions, improve sleep, lessen hyperactivity, lower irritability, improve behaviors and communication, and more.





Even more incredible is that while assisting with all of those symptoms, it is actually fixing the source of the problem.

There are a variety of different ways someone may experience sensory integration issues, here's a glance at some of them.

Sensory Modulation. It may come hard to some when it comes to filtering and organizing information received as more and more stimuli comes in. This can sometimes present itself in the form of anxiety or inability to prioritize what's important and what is merely distraction.

Sensory Discrimination. This refers to when someone has difficulty interpreting sensory data and can be experienced with any or all of the senses. This can be thought of as your sense of self relative to the environment surrounding you.

Dyspraxia. Those with dyspraxia exhibit difficulties with movement and coordination; they lack control over their muscles, which may include speech, and it may be comorbid with things like ADHD, OCD, Autism and ADD.

Using therapeutic brushing to provide sensory input in a controlled space, regulated in a way to sustain the individual from requiring other means to manage their sensory issues. Ultimately the goal is sensory integration where eventually the brushing is no longer a necessary requirement but may still be utilized during times that help.

IN CLOSING:

In closing I would like to leave you with 10 beneficial reasons to consider dry brushing:

1. It may help reduce the appearance of cellulite - Dimpling of skin, or Cellulite, is caused mainly by protrusion of the subcutaneous adipose tissue which is a connective tissue that stores fat and insulates the body. However, this vital tissue unfortunately gets completely overtaken by toxins leading to a point where they “heap up” or protrude the skin over specific areas of the body.

2. It can help eliminate dead skin - In case you didn't know already - yes, your skin dies! Once it does, it gets replaced by new skin cells. Interestingly this particular process happens so quickly that we don't even realize it's happening. Dry brushing your skin speeds up this process to get rid of dead skin cells thereby speeding up the formation of new skin cells. The new cells are typically smoother and softer with a natural glow. Why wouldn't you want new skin all of the time?

3. It can enhance blood circulation and cleansing of the lymphatic system - You may have noticed that toxins form part of our everyday lives; The air we breathe, the water we drink, the food we eat, and so on. Certain organs in the body also release toxins as byproducts of their metabolism. This is where the lymphatic system's role comes into play. It's the lymphatic system's responsibility to rid the body of these toxins. By dry brushing your skin you are improving blood circulation, which as mentioned previously, helps make the lymphatic system work more efficiently so that the toxins are expelled faster.

4. It can help promote even fat distribution - Did you know that it is common for one section of the body to get more fat than the rest? It's true, and this fat accumulation depends on the metabolism of such areas. However, continuous dry brushing can actually help distribute the fat across the entire body rather than depositing in the same place every time.

5. It can enhance nutrient absorption by the skin - A combination of broken or crooked hair, dead skin cells, sweat and environmental pollution may block your pores. Sometimes merely showering daily may not be enough to clear and clean these blockages; and when that happens the skin is unable to absorb the vital nutrients that the body requires.

IN CLOSING:

6. It may help rejuvenate the nervous system - The nervous system plays an important role in the functioning of our body; and the majority of nerve endings can be found near the skin. All of these nerve endings are responsible for communicating proper senses to our brain, allowing us to react appropriately to the current situation. When an individual practices dry brushing regularly, they are simultaneously rejuvenating these nerve endings thereby making the body more alert and responsive to stimulation, touch in particular.

7. It may help improve digestion and kidney functionality - Now that we have discussed how the lymphatic system works and how dry brushing assists the function of this system, let's dive in a little deeper. Another very important effect of dry brushing is that once the lymphatic system is cleansed, excess water and toxins that may be stored within the lymph nodes are expelled, resulting in the need for a new supply of nutrients in the cells. It's important to note that the faster this cycle repeats the faster food is digested in order to provide the required nutrients. This procedure may relieve stress on the kidneys as filtering the body system is also faster thanks to the supportive role of the fast-draining lymphatic system alongside high functioning skin.

8. It can help smooth and tighten skin - As you continually dry your skin, blood flow to and from the skin is enhanced. Over time this may strengthen the skin, giving it a smoother appearance and natural glow. Even better, all breaks in the skin which speed up signs of aging may be reduced gradually also as an effect of dry brushing.

9. It may be stress relieving - Dry brushing is recommended by many doctors and therapists as an effective means of releasing stress. The process can be almost meditating or therapeutic, especially when done slowly. In fact, dry brushing has the added benefit of working quite deeply inside the body to keep you relaxed and relieved.

10. It can promote happiness - Let's cut to the chase, the process of dry brushing your skin simply feels fantastic! Even more so when done early during the day as one of the first things that you do after waking up. Improved circulation keeps you alert while relaxed which promotes sensations of happiness and satisfaction that you can use to positively affect the rest of your day.

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