

Dry Skin Brushing

Purpose of Dry Skin Brushing:

Your skin is the second largest organ in your body. It is one of the organs of detoxification, the others being the large intestine, lungs, kidneys and the liver.

Daily brushing removes dead skin cells, cleanses the pores and helps to keep the skin soft, supple and youthful. It improves circulation thereby assisting the body in the removal of toxins. The nervous system is stimulated along with the hormones and oil-producing glands of the skin. Through this stimulation, muscle tone is improved.

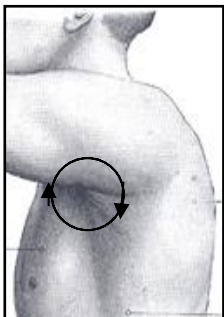
General Notes on Dry Brushing:

- Use only a natural sponge, vegetable sponge or loofah sponge. (These sponges are easily found at your local drugstore, pharmacy or online marketplaces such as Amazon).
- If possible, dry brush at least 3 days a week before showering. If you are undergoing a detox plan, try and dry skin brush daily to support elimination of toxins.
- Aim to dry brush all your skin. In firm, but gentle strokes. These strokes should not hurt or break the skin.
- Brush the left region before right. (except the abdomen)
- Generally, brush toward the heart or the lymph nodes that the region drains to.
- Use the amount of pressure that is right for you. At the beginning, there was always error on the side of caution. Seven (7) strokes per region is the general recommendation, but you may require more or less strokes.
- Do not brush over burns, wounds, varicose veins, or if you had recent sun exposure.
- Cleanse the brush every few days with soap and warm water.

Dry Skin Brushing Procedure:

ARMPIT REGION

- Circular Strokes: 7 Clockwise, 7 Counterclockwise at the Tail of the Breast
- Armpit Nodes Drain: Hands, Arms, Skin of Chest, Breasts, Nape of Neck, Scapulas, Back, Part of Rib Cage.
- Start on L. Side





Doctor Rachel

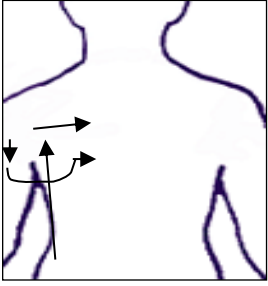
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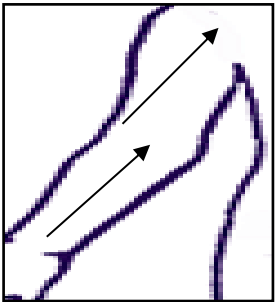
CHEST REGION



- 1) Above Breast: Brush 7 X Toward Armpit
- 2) Below Breast: Brush 7 X From Breast Bone Arcing Under Breast to Armpit
- 3) Side of Torso: Brush 7 X From Waist Toward Armpit

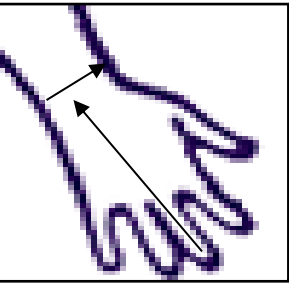
- ◇ Drains into Armpit Nodes
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ARM REGION



- 1) Brush 7 X From Elbow To Shoulder
- 2) Brush 7 X From Wrist To Elbow

HAND REGION



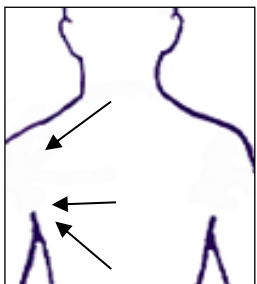
- Brush Palm Using Firm Circular Strokes
- Brush 7 X From Fingertip To Wrist
- Brush 7 X Clockwise & Counterclockwise Around Wrist



NECK REGION

- Brush 7 X From Base of Neck ⇒ Over Shoulder ⇒ Collar Bone ⇒ Top of Breast Bone
- Brush 7 X From Base of Skull ⇒ Across Side of Neck ⇒ Mid-Throat ⇒ Upper Chest

UPPER BACK REGION



- Brush 7 X From Spine Toward Armpit
- Drains into Armpit Nodes



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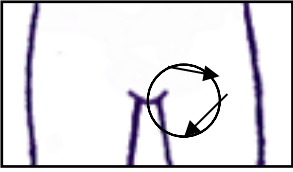
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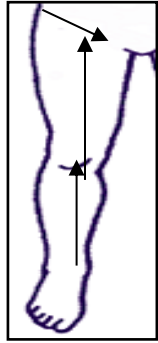
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GROIN REGION

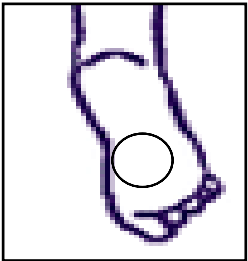


- 7 Circular Strokes over Groin Lymph Nodes (each side)



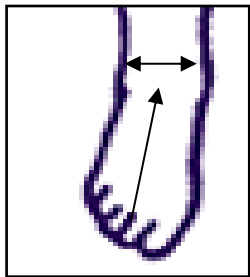
LEG, HIP & GLUTEAL REGION

- Brush 7 X From Knee to Hip on Front, Back, Inside, & Outside Surfaces
- Brush 7 X From Ankle to Knee on Front, Back, Inside, & Outside Surfaces
- Brush 7 X From Center of Buttock Toward Groin



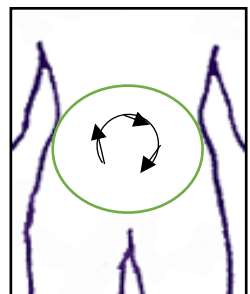
SOLE OF FOOT REGION

- Use Small Circular Brush Strokes for 30 Seconds



DORSAL FOOT REGION

- Brush 7 X From Tips of Toes To Ankle
- Brush 7 X Around Ankle, Beginning & Ending at Achilles' Tendon



ABDOMINAL REGION

- Start to the right of the Belly Button: Use Small Clockwise Circles sticking tight to belly button ⇨ Gradually Small Clockwise Circles become Further Away from Belly Button until Brush Entire Abdominal Region.
- Abdominal Brushing Takes 30 – 60 Seconds to complete this area.



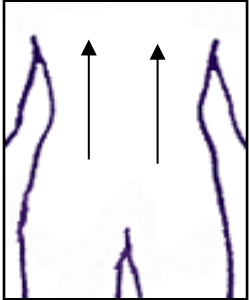
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LOWER BACK REGION

- Brush 7 X From Lower Back to Bottom of Shoulder Blade

RESOURCES:

- 1999. Berkowsky, Bruce, NMD. Vital Chi Skin-Brushing System. Joseph Ben Hil-Meyer Research, Inc. Mt Vernon, WA
- Google Images