

Instructions for Skin Brushing

Adapted from *Tissues Cleansing Through Bowel Management* by Bernard Jensen, D.C., Ph.D., Nutritionist

I believe skin brushing is one of the finest of all baths. No soap can wash the skin as clean as the new skin you have under the old. You make new skin every 24 hours on the body. The skin will be as clean as the blood is.

Skin brushing removes this top layer. This helps to eliminate uric acid crystals, catarrh and various other acids in the body. The skin should eliminate two pounds of waste acids daily. Keep the skin active. No one can be well wearing clothes unless they brush their skin. It is the greatest method to remove the scurf rim as found in the eye, which denotes an underactive, poorly eliminating skin.

Skin brushing also helps to move the lymph. The lymph must circulate to properly assimilate nutrients and dispose of waste. The lymph is also important for the immune system. If the lymph is not circulating, you will be sick often and maybe have allergies.

Use a natural bristle brush with a long handle. It is not an expensive brush. **DO NOT USE A NYLON BRISTLE BRUSH.** Use the brush dry, first thing in the morning when you arise before putting clothes on and before any bath. Use it in circular motions starting at the feet and always working towards the heart. Use it all over the whole body except the face. You can use a special face brush for the face.