



(989) 778-9151

**The Nation's Foremost
Authority on Natural
Health Since 1995**

Posted on [December 27, 2022 \(August 8, 2023\)](#) by [Dr. Besheen Baker](#)

Instructions for Skin Brushing

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. Wearing clothes unless they brush their skin can lead to issues. It is the greatest method to remove the scurf rim, which are flakes that develop around your skin, 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.

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