

## STIMULATING YOUR LYMPHATIC SYSTEM

### Dry Skin Brushing

**Your skin plays a vital role in ridding your body of toxins and impurities.**

Dry skin brushing is a technique that dates back thousands of years. It opens up your pores and stimulates and detoxifies your lymphatic system.

Your **skin is your body's largest organ** and provides an important avenue for oxygen and nourishment to enter and accumulated toxins to be eliminated. It releases a pound of waste each day, mostly through the sweat glands. Your skin receives a third of all the blood circulated in your body and is the **first organ to show signs of imbalance, toxicity or deficiency.**

If toxins are unable to escape through the skin, they'll either be stored in fat cells, contributing to cellulite and other fatty deposits, or re-circulated back into the blood stream, overworking the liver, kidneys and other organs.



Always use a brush with [natural fiber bristles](#). Synthetic fibers are sharp and can damage your skin.

**Dry brushing, a simple and easy therapy,  
can have a huge impact on your overall health  
by stimulating and assisting your lymphatic system.**

Dry skin brushing **stimulates the lymphatic system** to drain toxic mucoid matter into the colon, thereby **purifying your entire body**. The lymph can then perform its house-cleaning duties by keeping the blood and other vital tissues detoxified.

### Benefits of Dry Skin Brushing:

- ❖ Stimulate all organs of detoxification
- ❖ Remove dead skin layers
- ❖ Strengthen the immune system
- ❖ Tone muscles
- ❖ Improve nervous system function
- ❖ Tighten skin
- ❖ Remove excess fluid from the body
- ❖ Improve skin elasticity
- ❖ Remove cellulite
- ❖ Help skin absorb nutrients
- ❖ Stimulate hormone and oil-producing glands
- ❖ Stimulate circulation
- ❖ Aid the digestive process
- ❖ Eliminate clogged skin pores
- ❖ More even distribution of fat deposits
- ❖ Keep skin soft, smooth and younger looking

### Important Points to Remember:

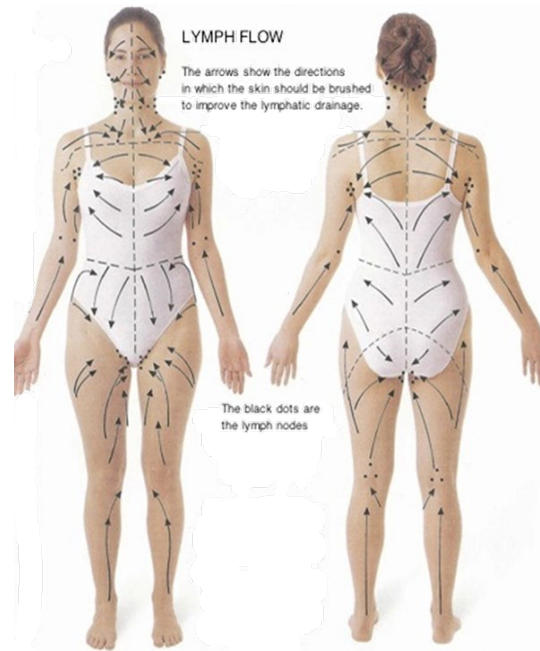
- ✓ **DO perform dry brushing once a day**, preferably first thing in the morning before you shower or bathe. (If you're feeling ill, you should dry brush twice a day until you feel better.)
- ✓ **DO avoid sensitive areas** and anywhere the skin is broken. Do not brush on or over skin rashes, wounds, cuts, infections or irritated skin.
- ✓ **DO rinse off** in the shower to remove dead, sloughed skin cells after dry brushing. Alternate the water temperature from hot to cold a few times to further invigorate the skin and stimulate circulation.
- ✓ **DO clean your skin brush** once a week using soap and water. Let your brush dry in an open, sunny spot to prevent mildew.
- ✓ **DO be patient** - stick with your dry brushing regimen! It will take about 30 days to see and experience the benefits.

### Dry Skin Brushing for the Body:

1. Start at your feet and brush towards your heart.
2. Use long, sweeping strokes, overlapping as you go.
3. Brush all the way up your legs, then over the abdomen, buttocks and back.
4. When you reach your arms, begin at your fingers and brush up the arms towards your heart.
5. Brush downwards from the shoulders and chest, towards the heart.

### Dry Skin Brushing for the Breasts:

1. Start with the brush between the breasts and brush with gentle strokes over the top of the breast toward the armpit.
2. Lift arm above your head and brush from the hand down toward the armpit using long sweeping strokes or circles.
3. Brush into the armpit.
4. Brush under the breast from the armpit area around toward the sternum.
5. Repeat on the other side.



## How Can You Support Your Lymph Flow to Release Toxins?

1. Purchase a [dry skin brush](#) today!
2. In addition, **consider one or more of these supportive supplements and services** offered by Thermography for Health NY:
  - ✓ **Use dōTERRA DDR Prime® Cellular Complex** for cellular repair
  - ✓ **Combine dōTERRA & Zyto:** Using the Zyto technology we can scan your body for stressors to see which dōTERRA essential oils will balance and benefit you according to your body's frequencies.
  - ✓ **Use a Rebounder** Our favorite exercise is rebounding on a [mini-trampoline](#). It is supportive for lymph flow, great for detoxification and also burns 38% more calories than running!
  - ✓ **Aroma Touch Therapy:** Support healing through increased circulation and tissue oxygenation, stimulating the lymphatic system, and providing deep cellular detoxification and restoration.
  - ✓ **Body Talk** identifies the breakdowns in your body and activates your own healing process.
  - ✓ **Thermography** allows you to see what you may not yet feel regarding your immune function, lymphatic system, chronic inflammation, circulation, and more.

**Order Your doTERRA essential oils, blends, and supplements here:**  
[www.healthyoilsweb.com](http://www.healthyoilsweb.com)

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### Thermography For Health NY

120 East 56th Street 12th Floor, New York, NY 10022 | Phone: 212-838-8884  
Email: [Hello@ThermographyForHealthNY.com](mailto:Hello@ThermographyForHealthNY.com) | Website: [ThermographyForHealthNY.com](http://ThermographyForHealthNY.com)