

All Natural
12 Day
Detox





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This program cannot be construed as a recommendation of medical treatment or medication. It is not professed to be physical or medical treatment nor is any such claim made.

There are no medical recommendations or claims for the 12 Day Detox program or for any of the vitamin or mineral regimens described in this program.

No individual should undertake the 12 Day Detox program or any of its regimens without first consulting and obtaining the informed approval of a licensed medical practitioner. The author makes no warranties or representation as to the effectiveness of the 12 Day Detox.

Dry Brushing



No cleansing program is complete without cleansing your skin deeply as well. Your skin collects all kinds of grime and toxins day to day, week to week ...and how many years has it been?

Dry skin brushing:

- Sloughs off old dead skin and encourages new growth
- Increases circulation
- Aids in lymphatic drainage
- Can reduce the appearance of cellulite
- Increases blood flow and tightens skin
- Purifies the entire system
- Dry skin brushing helps with muscle tone and more even distribution of fat deposits
- Rejuvenates the nervous system by stimulating nerve endings
- Helps your skin to absorb nutrients by eliminating clogged pores

How to Dry Brush



Step 1. Use a natural bristle brush, preferably with a long handle, and start at your feet, working upward in a circular motion toward your abdomen.

The historical theory is to move all of the toxins in your bloodstream and lymph toward your digestive system so that it can be eliminated from the body.



How to Dry Brush



Step 2. Continue to brush, lightly, over the buttocks and abdomen, then start at the hands and arms, again working toward the abdomen.

Complete the brushing of your back and chest in the same fashion.



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How to Dry Brush



Step 3. Shower immediately after brushing to remove the dead skin, using soap only if necessary, as it tends to dry out the skin.

Repeat daily during your detox program, and as often afterward as you like to maintain the benefits.

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Dry Brushing



Dry brushing is similar to massage in how it helps your detoxification process. Your body naturally does remove toxins, and your cleanse program speeds that up.

Adding in dry brushing speeds up the process further and at the same time boosts circulation, delivering oxygenated blood to the skin and other organs, which helps them do their jobs better.

Your skin should feel softer and smoother after just one session. Some people even say the detox and circulatory boost helps with digestive issues and skin problems such as acne; others claim to feel more energized, most likely a result of the increased blood flow.

Most experts recommend doing your dry brushing in the morning before you shower. The experience is energizing, and additionally the exfoliation will help any shower treatments to take even better effect.

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