

Skin Cleanses

Dry Skin Brushing

Your skin, aside from being one of your organs of detoxification, is also the largest organ in your body. Oftentimes, it appears to be the first to show degeneration or imbalances and the last to heal. It weighs almost twice as much as the liver or the brain and it receives one-third of the circulation of the blood. Its functions include:

- Works as a protective shield to the body structure
- Helps to regulate body temperature
- Works as a respiratory organ
- Performs absorption activities by assimilating oxygen and other nutrients
- Aids in elimination of toxic waste from the body

As your skin is an important, vital, living, breathing organ, you should always be careful of what you put on your skin. Although it protects to some degree, most substances are absorbed to some extent through your skin into your lymphatic and blood systems. If the substance happens to be a chemical or a toxin or a poison, your liver and kidneys will have the job of trying to neutralize any adverse effects. Obviously, any prolonged, chronic or daily exposure to such substances can be very damaging to your health. If your job includes such exposures, you would be well-advised to take whatever precautions are necessary to protect the absorption of such toxins through your skin or lungs.

The skin is also called the 3rd kidney, as it works in conjunction with the kidneys in water regulation. Interestingly, perspiration and urine are chemically very similar, both containing substantial amounts of uric acid, the primary waste product of metabolism.

A primary function of the skin occurs through the activities of its pores. Every square inch of skin contains hundreds of these pores, all of which are made up of tiny muscles that must be exercised to get rid of toxins from the body.

Each of the organs of detoxification – liver, colon, lungs, kidneys, skin – must do its part. Any weakness exhibited by one organ forces the other organs to carry an increased workload. This can result in exhaustion and further inhibition of the body's abilities to rid itself of harmful, toxic waste.

- Daily dry skin brushing can help keep your skin healthy, vibrant and efficient. It can:
 - Remove dead skin cells
 - Cleanse the pores
 - Stimulate the hormone and oil-producing glands in the skin
 - Help keep the skin soft, supple and youthful
 - Help improve circulation (thereby aiding the entire body)
 - Help control cellulite by developing better muscle tone and distribution of fat cells
 - Have an enlivening influence on the nervous system through the stimulation of nerve endings
 - Assist the body in removal of toxins
 - Generally help improve health and vitality

Procedure

- 1 USE ONLY A NATURAL BRISTLE BRUSH
- 2 IDEALLY, BRUSH FIRST THING IN THE MORNING AND LAST THING AT NIGHT
- 3 PREFERABLY, DRY SKIN BRUSH JUST PRIOR TO BATHING
- 4 USING A CIRCULAR OR FIGURE-EIGHT MOTION, BRUSH VIGOROUSLY OVER THE ENTIRE OUTER SURFACE OF YOUR BODY
- 5 START BRUSHING FROM THE HEAD, THE TIPS OF THE FINGERS, AND THE TOES, ALWAYS MOVING PROGRESSIVELY TOWARD THE HEART
- 6 BE SURE TO INCLUDE YOUR PALMS AND THE SOLES OF YOUR FEET
- 7 CLEAN YOUR BRUSH EVERY FEW DAYS WITH SOAP AND WARM WATER

For additional skin care, see SKIN RUB (below)

Skin Rub

This procedure can be used in conjunction with the Dry Skin Brushing technique described in the previous section, to aid the skin in its efforts at detoxification.

As you work with a proper, efficient metabolic balancing program, it is quite common for your body to naturally eliminate any stored toxic substances, whether they be metabolic waste residues; heavy metals (cadmium, aluminum, mercury, arsenic, lead, etc.); excess copper, iron and calcium; various environmental contaminants; and any of the over 10,000 chemicals that have been added to our food supply.

From time to time, depending on the rate the body's cells dump these stored toxins, the organs of detoxification can become overburdened in their efforts to clear these substances from the body. Consequently, the skin can go through periods of itching, irritation, redness, heat sensations, eruptions and blemishes. Used along with Dry Skin Brushing, the Skin Rub has been found to aid the skin in its efforts at normalizing the body.

Necessary Ingredients

- Castor Oil
- Organic Olive Oil

Procedure

1. DRY BRUSH YOUR SKIN FOLLOWING THE DRY SKIN BRUSHING PROCEDURE
2. THEN, MIX EQUAL PARTS OF THE CASTOR AND OLIVE OILS IN A CONTAINER
3. RUB YOUR SKIN VIGOROUSLY FROM HEAD TO TOE WITH THE MIXTURE. INCLUDE YOUR HEAD, FACE AND THE SOLES OF YOUR FEET
4. WITH THE OIL ON YOUR SKIN, SOAK IN A HOT BATH FOR 15 MINUTES
5. **** BE EXTRA CAREFUL GETTING IN AND OUT OF THE TUB ****
6. AFTER QUICKLY PATTING YOURSELF DRY, GO STRAIGHT TO BED, STAYING UNDER HEAVY COVERS FOR 1 HOUR (IT IS BELIEVED THE HOT BATH AND SWEATING WILL HELP DRAW THE TOXINS OUT OF YOUR BODY)
7. FINALLY, TAKE A HOT SHOWER. YOU CAN USE DR. BRONNER'S PEPPERMINT CASTILE SOAP OR SOME BAKING SODA TO HELP GET THE OIL OFF

Salt 'N Soda Bath

It is believed this bath may be helpful in assisting your body in dealing with radiation absorption or exposure. Many have reported it to be especially helpful following plane trips or in the event of coming down with a cold. It may be used anytime you want to aid your body in its efforts at detoxification.

Procedure

1. SOAK IN A BATH TO WHICH YOU'VE ADDED 2 LBS. OF SALT AND 2 LBS. OF BAKING SODA
(Use rock salt)
 2. SOAK FOR A MINIMUM OF 20 MINUTES, DURING WHICH TIME YOU'VE SOAKED YOUR HEAD AND FACE, AS WELL AS THE REST OF YOUR BODY
 3. DRAIN THE TUB, THEN SHOWER AS USUAL
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Hydrogen Peroxide Bath

As the skin is a living, breathing organ that absorbs substances to which it is exposed, it is believed that soaking in a tub to which hydrogen peroxide has been added is one method of getting oxygen into the body. Many who have used this procedure have reported an improved sense of energy and well-being from the experience.

Procedure

1. SOAK IN A BATH TO WHICH YOU'VE ADDED 1 CUP OF 35% FOOD GRADE HYDROGEN PEROXIDE
*** BE CAREFUL NOT TO GET ANY OF THE HYDROGEN PEROXIDE ON YOUR SKIN ***
OR IN YOUR EYES. It can cause a burning sensation which results in your skin temporarily turning white. To prevent the burning, flush with water immediately. Any burning sensation or discoloration on the skin usually lasts only 20 minutes or so.
 2. SOAK IN THE BATH FOR A MINIMUM OF 20 MINUTES, DURING WHICH TIME YOU'VE SOAKED YOUR HEAD AND FACE, AS WELL AS THE REST OF YOUR BODY
 3. DRAIN THE TUB, THEN SHOWER AS USUAL
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Vinegar Bath

The Vinegar Bath has long been viewed as a good means of restoring the proper pH to the skin. It can be taken from time to time as the need is felt. It may be of particular benefit during those times of skin irritation, eruptions or detoxification.

Procedure

1. SOAK IN A BATH TO WHICH YOU'VE ADDED 2 CUPS OF ORGANIC APPLE CIDER VINEGAR
2. SOAK FOR A MINIMUM OF 20 MINUTES
3. DRAIN THE TUB, THEN SHOWER AS USUAL