

The Creation Fertility Guide to Dry Skin Brushing

Did you know that more than a pound of waste products are discharged through your skin every day? Dry skin brushing takes less than 5 minutes per day but helps digestion, cellulite, cell renewal and detoxification and also helps towards hormonal and fertility health!

How Do You Do It?

Use a long handled natural bristle skin brush. Always brush towards the heart.

Begin at the Soles of Your Feet brushing from the heel to the toes. Each area should be brushed about 3 times as vigorously as you feel able. Then do the top of your feet – toes to ankles. Work your way up your legs, shin to knee, calf to back of knee, knee to thigh, back of knee towards bottom. Do not work over open sores or wounds.

Now Work Up Your Buttocks and then up the back towards your neck and shoulders.

Move On to Your Hands and up your arms towards your arm pit and shoulders. Lift your arm above your head and brush from your hand downwards to your armpit and towards your nipple. When doing your chest focus the brush strokes towards your heart and include your breasts. Work towards the nipples. Don't do your face but give the back of your neck and your scalp a good brush.

Now the Abdomen Area. From the left side of the waist brush diagonally downwards towards the pubic area. This will stimulate the **rectum/sigmoid colon**. Now we activate the **descending colon**: Brush downwards from under your left rib towards the groin. **Transverse Colon**: Starting just below the right rib cage brush straight across towards bottom of the left rib cage. **Ascending Colon**: From the pelvic groin area on the right side brush upwards towards the bottom on the right rib cage. Finally brush in a circular movement. The starting point is the right pelvic groin area – brush upwards to the right rib, across to the left rib and down to the pubic area.

For hygiene reasons you need a separate brush for each member of the family, and of course you will need to wash the brush itself every couple of weeks with a paraben friendly shampoo – see these links for more information on skin care [Guide to Skin Care](#).

[Dry Skin Brushing Demonstration](#) on you tube.