

Dry Brushing for Better Health

By: Angelina Breen, LMT

Dry brushing is a form of manual lymph drainage (MLD). The goal of the treatment is to flush out the body's lymphatic system - a subsystem of both the circulatory and immune systems.

When you dry brush, you exfoliate dead cells and encourage cellular regeneration. This improves circulation, improves the appearance, texture and tone of your skin and energizes you. But the most therapeutic benefit involves activating the lymphatic system. The light pressure of brushing encourages movement of lymph fluid under the skin. This fluid then carries away impurities and is eliminated by the body.

The movement of the lymph fluid, which results in what we call lymphatic drainage, is a major component of our detoxification system and plays a vital role in maintaining health. All detoxification occurs first and foremost in the lymphatic system.

Consisting of white blood cells (lymphocytes) and interstitial fluid, the lymphatic system bathes the body's cells, bringing them nutrients and removing their wastes. All other systems in the body depend on the lymphatic system to clear out toxins, wastes, bacteria, fat globules, and infection.

Because we are exposed to so many synthetic chemicals, processed foods and environmental toxins, our lymphatic system gets overloaded. (In fact, there is more lymph fluid in the body than blood!) As this "overloading" occurs, cells which rely on the lymphatic system for elimination become less efficient and sluggish as they fill with their own waste. This can lead to many health problems, and can even impair the ability to lose weight.

Dry brushing assists the lymphatic system in its role of cleansing the body of waste by unclogging pores through the removal of dead skin layers and the shedding of dead skin cells. With a specific technique involving a natural bristle brush and light massaging pressure, skin pores open permitting nutrients to be absorbed and toxins to be eliminated.

The skin is the largest organ of the body, and it is important to keep it healthy. Dry brushing is a technique that promotes healthy skin. While accelerating cellular regeneration, dry brushing improves skin texture. It tightens the skin by increasing blood flow and helps tone the muscles by stimulating the nerve endings. By stimulating the lymph to move more efficiently through the body, dry brushing also helps mobilize fat and helps even the distribution of fat deposits and eliminates cellulite.

To get the optimal benefit from dry brushing, it needs to be done correctly. Also, before embarking upon a dry brushing regimen, those with eczema, acne or other skin conditions should consult with a health practitioner. The best part of dry brushing is that it's easy. It usually takes ten to fifteen minutes and is done before showering.

With a little instruction and a small investment of time, you could be on your way to boosting your immune system and being a healthier you by incorporating dry brushing into your daily routine. Dry brushing is safe for everyone, including pregnant women. You will find it to be an invigorating way to start the day!

Angelina Breen is an Licensed Massage Therapist, Certified MLD Therapist, Reiki Master and Dry brushing instructor practicing at The Center, located at 1 Hoffman Street in Auburn, NY. For questions or to learn more you may contact The Center at 315.704.0319 or visit www.TheCenter4Wellness.com