

The skin is the largest organ in the body. It absorbs most anything that you put on it readily. For this reason it is very important that you consider this when choosing skin care products, soaps, shampoos, hair coloring agents, deodorants, creams, sun screen, make up, moisturizers etc. Please don't forget household cleaning products. We have been very pleased with a product made of all enzymes and used by environmentally sensitive people for years called Solutions For You. I also use this to wash my skin and hair as well as stove, windows counter tops do laundry with as a clothing spotter in my carpet cleaning machine.

We can support the health of the skin by assisting with getting rid of the old layer of dead skin cells with skin brushing, using special baths that are designed to help pull toxins out of the skin and applying natural high quality oils to the skin

SKIN BRUSHING

When purchasing skin brushing equipment choose either a loofa, textured cloth or brush that has a pleasant scratchiness too it for you. As time goes on one often finds that stiffer implements are more desirable, but it takes a while to condition your skin for this.

Before skin brushing it is beneficial to do some very gentle stroking of the neck downwards toward the collar bone and some gentle stroking at the arm pit or axillary area upwards.

Always brush toward the midline of the body and toward the heart. I recommend when doing a limb that you divide it into 3 locations. If you were skin brushing the arm you would start at the elbow and brush up toward the arm pit or axilla, then move down to the wrist and up to the elbow, then wrist to axilla, then finger tips to wrist and finally finger tips to axilla.

Similarly you would start at the knee to do the leg, moving from knee to groin, then ankle to knee, then ankle to groin, then toes to ankle and lastly toes to groin.

The abdomen is done in a circular motion starting from the right and moving toward the left.

The back you begin at the middle and go out toward the sides and then up from the waist toward the neck.

The chest, move out from the center to the sides and then up toward the axilla and face down toward the collar bone.

It is also beneficial to vigorously rub your head with your finger tips. If you are comfortable bending over, you can do this in the bent over position.

BATHS

There are special types of baths that are very beneficial to help remove varying types of toxins from the body. One of the simplest and safest ways to approach this is at home working with baking soda and Epsom salts. We will be making available very powerful clay bath and herbal baths for pulling all sorts of specific toxins from the skin including the old mercury from fillings or from fish, other heavy metals and baths to help remove the radiation that we are exposed to from computers, cell phones x-rays etc.

Let us begin with the baking soda and Epsom salts baths. Depending on your strength, health, diagnosis etc, you would begin with 1 cup of baking soda in a comfortable temperature bath for 1 to 3 days. Then you

would use ½ cup of baking soda and ½ cup of Epsom salts in the tub for 1 to 3 days and finally 1 cup of Epsom salts. Often times people will see a gray sludge in the bottom of the tub. This is toxic matter and should be washed out of the tub carefully. You should disinfect the tub with the solutions for you or some comparable cleaner and immediately take a shower. Do not use the towel that you dry yourself with again before laundering.

CIDER VINEGAR

Our skin has an acid mantle. For this reason it is beneficial to use a high quality apple cider vinegar to spray our skin down after showering or bathing. I like mine strong. I use ¼ cup of vinegar to 1 cup of water. This is also a great cream rinse for those with dark colored hair. It will make your hair shine brightly.