

VITALITY

Body Brushing & Daily Detox Guide



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RESOURCES

For more Information about Zen Me,
and see all of our exfoliating products

Please visit us at:

www.zenmenaturals.com

You may also purchase our products on Amazon

Click on the Amazon logo below:



Click Here to Watch Our Video:

[How To Dry Body Brush](#)



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Book design and production by Claudia Seifert DC11 Enterprises

Editing and graphic design by Damon Kinnaman DC11 Enterprises

INTRODUCTION

First, we would like to congratulate you for making the decision to taking a step toward improving your vitality, health and natural beauty by purchasing one of our ZEN ME Dry Brush products. We hope you will enjoy your skin brushing routine as much as we do and countless other enthusiastic skin brushers! 😊

Let's begin this skin brushing guide with some food for thought...

Have you ever thought about the fact that most people carefully tend to the skin on their face, regularly exfoliating, cleansing, and moisturizing? But when was the last time you put such attention to the skin on the rest of your body?

Did you know that your body's largest organ, the skin, is responsible for about one fourth of the daily detoxification needs that are required by your entire body? One of the easiest and most inexpensive ways you can help your skin do the job it was designed to do by nature is to dry brush your skin.

And it's not just about your skin's aesthetic appearance. The benefits of dry skin brushing go beyond skin deep, offering whole-body benefits to your health.

We hope you enjoy the read!

INTERESTING FACTS ABOUT OUR SKIN

Some really interesting facts about our skin:

- Our skin is the largest and most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day.
- Our skin eliminates over one pound of waste products each day for the average adult, most of it through the sweat glands.
- Our skin receives one third of all the blood circulated through the body.
- And last but not least our skin is the last organ to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.

Impressive isn't it? This is why caring for your skin is more than just keeping it look beautiful.

WHAT IS SKIN BRUSHING?

Interestingly enough, different variations of Skin Brushing have been practiced for thousands of years by many civilizations as a health and fitness technique. In India the so called Garshana,

applied with silk gloves, has been practiced for over 5000 years as an important part of Ayurvedic Medicine. The Japanese love vigorous Skin Brushing with loofa sponges before their traditional hot bath. Prior to bathing (following a hard training session or physical competition) ancient Greek athletes used strigiles, specialized spoon-like skin scrapers, to remove the grime of exertion and encourage circulation. Among the Cherokee Indians, skin brushing with dried corn cobs to enhance skin beauty and durability was once a traditional practice. The Comanche Indians scrubbed their skin using sand from the Texas river bottoms; the Texas Rangers followed their example. Dry brushing has been used for centuries by Scandinavians, Turks and Russians. More than 30 years ago, a Finnish doctor by the name of Paavo Airola prescribed this technique for his patients to detoxify, exfoliate and stimulate the skin. Among long-lived individuals whose lifestyles reflect an understanding of The Laws of Nature, Skin Brushing is almost invariably an important aspect of their formula for longevity.

THE AMAZING BENEFITS OF DRY SKIN BRUSHING

1. Immune System Health

Aside from exercising or moving in general, one of the easiest ways to get your lymph moving is to dry brush your skin similar to the “lymphatic drainage massage”. Responsible for eliminating all cellular waste your body’s lymphatic system holds the key to a great immune system and health in general. It also plays a vital role in strengthening the immune system by producing some of the white blood cells and antibodies. If your lymphatic system isn’t working well, waste and toxins build up being the main reason for inflammation and disease. Dry brushing stimulates your lymphatic system speeding up the flow of lymph and helping it move toxins and cellular waste out of the body. This directly contributes to a stronger immune system and healthier body.

2. Exfoliation & Skin Appearance

Dry brushing your skin encourages the renewal of new skin cells by shedding the old and keeping the pores clear. It also stimulates the sweat and oil glands to moisturize the skin. Not only does this reduce the risk of breakouts and better oxygenate the skin, it amazingly enhances the removal of nasty toxins from the body. The result? Glowing, smooth and healthy skin!

3. Increase Circulation

When you dry brush your skin you also increase the blood flow to the skin which then provides more nutrients to your skin cells helping them stay healthy and renew faster. This daily routine can also aid with cold hands and feet.



4. *Reduce Cellulite*

Skin brushing can eliminate or drastically reduce the appearance of cellulite by helping release those fat deposits under the skin. Cellulite is toxic fat buildup that wrinkles and dimples the skin so by dry brushing these areas it will help break up those waste deposits by moving the lymph.

The Huffington Post reported ... *"When we heard dry skin brushing was an effective method for reducing cellulite, we knew we had to include it in our anti-cellulite road test. Sure enough, it was indeed one of the more successful ways to smooth away less-than perfect spots on your legs."*

5. *Improve Digestion & Organ Function*

Dry skin brushing may go even deeper, helping to support your digestion and organ function. According to one skin care and spa expert: *"...many naturopathic doctors use dry brushing to help with bloating because massaging the lymph nodes helps the body shed excess water and toxins. One of the immediate effects of dry brushing is smoother skin, but it can also help improve digestion, kidney function, and more."*

6. *Stress Relief*

Dry brushing is meditative, reduces muscle tension, calms your mind and overall relieves stress. It's like giving yourself a light whole body massage and showing yourself some love.

7. *It's Invigorating*

Many people become "addicted" to dry skin brushing (in a good way) because it simply feels really good. Along with glowing and tighter skin, regular dry skin brushers report feeling invigorated after a quick session of a few minutes.

And... you can always create your own Spa like experience too! Light a candle, take a hot bath with some essential oils or do a hot and cold shower, scrub your skin using our exfoliating gloves while in the shower or bath and pamper your skin with some plant-based oils or lotion. See our DIY Luscious Lotion Recipe [here](#).



THE LYMPHATIC SYSTEM - OVERVIEW

The lymphatic system is made up by the spleen, thymus, appendix, tonsils, lymph nodes, lymph vessels and lymph fluid. It is one of the most vital systems in the in the body. Its job includes removing cellular wastes, removing excessive fat-soluble compounds from the gastrointestinal tract, and serving as the “house” of the immune system. It creates white blood cells and antibodies, and is truly the battlefield of “the good vs. the bad,” where immune cells battle pathogens, including bacteria, yeasts, viruses and other unwanted intruders.

The lymph system is also a carrier of nutrients to various parts of the body. It serves as both the police force and part of the body’s septic system. It becomes heavily congested with excessive mucus and lymph from dairy products and refined/ complex sugars. This causes a type of congestion that most people are unaware of except when their sinus cavities or lungs let them know it.

The immune and lymphatic systems work together, offering your body both protection and elimination, respectively. The lymphatic system acts as your septic system. It provides not only protection for cells, but serves to remove wastes as well. Cells eat and excrete like you do, only on a much smaller scale. The blood carries the nutrition and fuels to the cells, and your lymph system removes the by-products and wastes caused from metabolizing these nutrients and fuels.

The physical body is a city unto itself. Your immune and lymphatic systems act like a police force and sanitation department, all wrapped into one. The lymphatic system picks up the trash from each house in the city (each cell); trash will vary, of course, depending upon the “lifestyle” within each house/cell. The lymph system, along with its immune cells, has the job of protecting and keeping your body clean.

Many foods that people routinely eat clog and over-burden the lymphatic system. Colds, flu, allergies, sinus congestion, bronchitis, lung issues - including pneumonia and asthma (with adrenal weakness) - along with mumps, tumors, boils, lymphomas, skin rashes, dandruff, etc., are nothing more than an over-burdened, congested lymph system.

All dairy products (pasteurized or raw), refined carbohydrates (complex sugars), irritants (coffee, peppers, cola, etc.), toxic chemicals, foreign protein (meat, etc.) cause a lymphatic response of the mucosa, namely excessive mucus production. Furthermore, these substances can be harmful to cells, especially inviting parasitic invasion. Your lymphatic system’s job is to try to stop this “terrorist” attack within the tissues of the body. However, once the body becomes over-bombarded with this mucus from the lymph system, the mucus itself then becomes the problem. It can block proper cellular function, causing hypoactivity of the respective organ or gland.

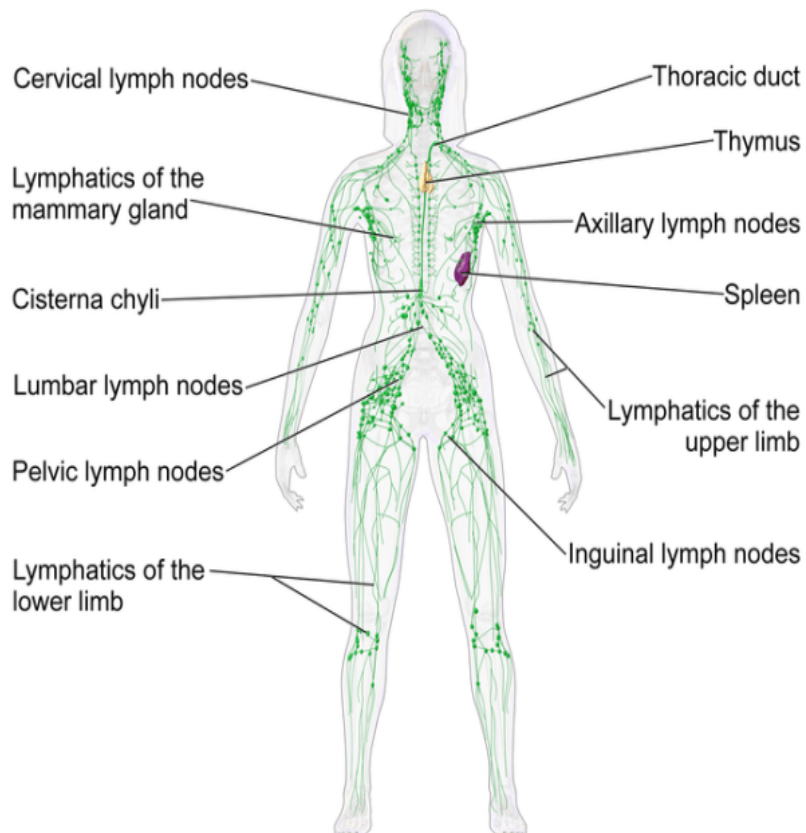
Again, an example of this response is seen in the body’s reaction to dairy foods. Their proteins are so abrasive, concentrated and harmful to us that ingesting them creates excessive mucus production. It creates such a chain reaction that you can feel this mucus building up in your

sinus cavities, throat and lungs. This causes you to lose your sense of smell, taste and hearing, and impedes your breathing. It also congests your thyroid gland, eventually affecting your whole body in a multitude of ways. It's ironic that we drink milk for calcium when its effects can lead to the body's inability to utilize calcium.

Spiritually speaking, your blood and lymph system is a reflection of spirit. It enhances and nourishes you, but it also cleanses and educates you. If it becomes "bottled up" or stagnant, you become bottled up and stagnant. Disease sets in and death can occur. – Excerpt of Dr. Robert Morse's Detox Miracle Sourcebook

DRY BRUSHING AND THE LYMPHATIC SYSTEM

The reason why dry brushing provides so many health benefits is because it supports the lymphatic system. The lymphatic system is a network of tubes that run throughout the body.



Your entire body is soaked in lymph and there is a whole lymph vessel system that is even more complex as your blood vessels! Virtually all of your cells are bathing in lymph fluid or extra cellular fluid.

Unlike your circulatory system, the lymph system doesn't have its own pump. But all that lymph fluid needs to be moved around your body so it can be re-circulated. To move the lymph the body relies on muscle motion.

The lymph fluid gets moved through lymph vessels and capillaries into lymph nodes of which we have about 100 in the body. The lymph nodes contain white blood cells. They filter the lymph fluid to remove waste and kill any disease-causing organisms including toxins and pathogens.

Our main filtration organs for the lymph are the kidneys and they need to work well to get all the waste filled lymph filtered every day.

Conclusion: The lymphatic system is the golden key for strong immunity and health but it also works to protect other systems, including your digestive system and respiratory system. This is why dry brushing can be very beneficial for improving digestion, reducing asthma or frequent

infections along with proper diet, rest, exercise and other healthy lifestyle practices like meditation, yoga or mindfulness.

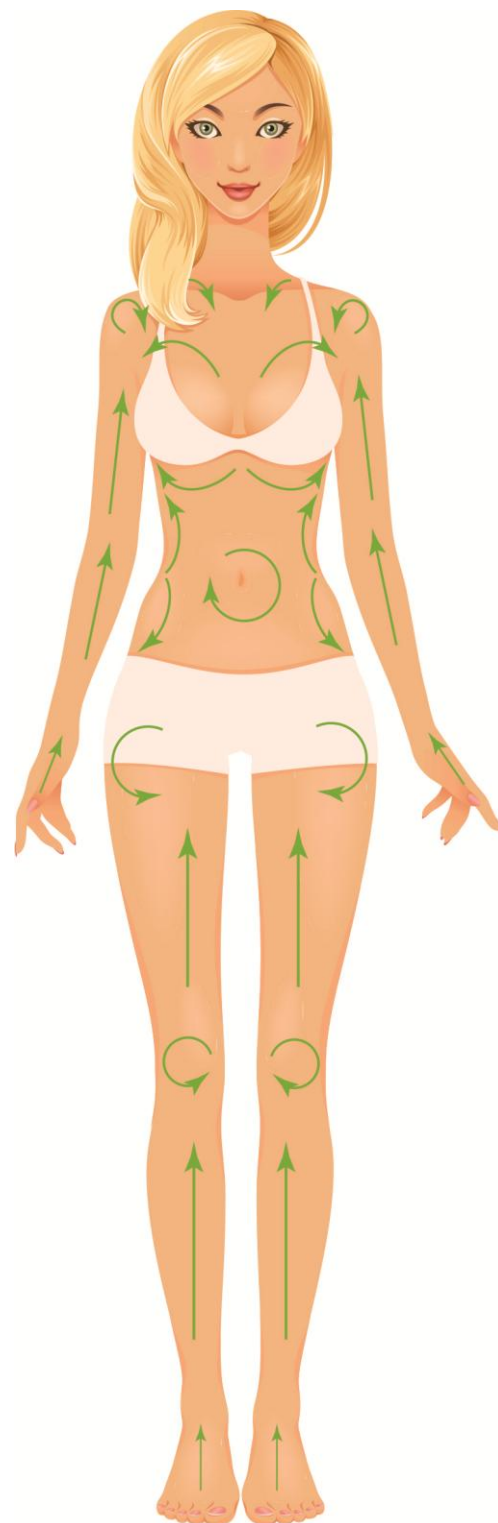
HOW TO DRY BRUSH

There are some important things to consider before you start your daily dry brushing routine:

- Always brush on dry skin before you shower or bathe because it is the stimulation on your dry skin that creates the lymphatic flow. Also you will want to wash off the impurities from the skin as a result of the brushing action.
- Ideally you want to brush beginning with your toes moving upward.
- Apply at least 3-5 strokes each time using light to medium pressure.
- The entire body should be brushed including your back. Simply put it is best to stroke toward the main lymph nodes in the specific area of the body to help drain the lymph. (see graphic)
- Use light pressure in areas where the skin is thin and harder pressure on places like the soles of the feet. Stay within your comfort zone. It should feel pleasant.
- Avoid scrubbing or back and forth motion, use either strokes in one direction or circular motion.
- Skin brushing is best applied once a day, preferably first thing in the morning since our bodies go through their detoxification cycle from 4am to 12pm. A thorough skin brush sequence takes about 7 minutes, but any time spent brushing prior to showering will benefit the body. If you are feeling ill, increasing the treatments to twice a day can be beneficial.
- Avoid sensitive areas like bruises and anywhere the skin is broken, such as areas of skin rash, wounds, cuts or infections. Also never brush an area affected by poison oak, poison ivy or sun burn.
- After each use tap your brush firmly against your hand to shake off any dead skin cells. Each person should have their own dry brush, just like a toothbrush! Keep your brush in a dry area away from steam and potential mildew. Once a month wash the bristles with warm water and some soap, rinse well and make sure it is thoroughly dried in a warm preferably sunny area before use.
- Some people have more sensitive skin so dry brushing may feel uncomfortable at first but your skin will adjust. Other people find it invigorating and love it from day one.

HOW TO DRY BRUSH - QUICK OVERVIEW

- Begin with your feet and brush your soles vigorously in circular motion.
- Continue brushing up your legs in long sweeping strokes toward you groin and tailbone area
- Proceed to your hands and arms brushing toward shoulder and armpit where there are important lymph nodes.
- Brush your chest and breast moving around toward the armpit.
- Brush you abdomen area including the sides down toward your hips and pelvic area. You can also use clockwise strokes around the abdomen area.
- You can spend some extra time on your joints using circular motion especially if you are dealing with inflammation.
- Use lighter pressure on the breasts and any other sensitive areas.
- Brush down toward the sides on the back and down around the neck. Better yet, let a friend, spouse or family member brush your back.
- **Remember: Consistency is Key!** If done daily, it will drastically improve the look of your skin and overall feeling of wellbeing along with facilitating the body's natural detoxification process.
- Happy Brushing! ☺



TIPS TO ENHANCE THE EFFECTS OF SKIN BRUSHING

- Hot and cold rinse: As part of the hydrotherapy hot and cold rinse cycles are very beneficial to further increase blood flow, stimulate the metabolism, temper pain and boost immunity.

If you feel so inclined, make the hot and cold shower technique your shower routine with 3 alternating 2-3min of warm water and 10-20 seconds cold (or as cool as you can handle) water cycles.

Alternatively, if the full body hot and cold shower doesn't appeal to you, you can rinse your legs and arms with cold water after skin brushing for about one minute, then take your regular shower and end the shower with a cold water rinse of your legs and arms.

- Once a week offer yourself a bath with Epsom salts or mineral-rich salts which also help encourage detoxification and improve the mineral balance in the body.
- After getting out of the shower, dry off vigorously and massage your skin with pure plant oils or moisturizers. Great oils are jojoba, avocado, apricot, almond, sesame or coconut. Stay away from products containing petroleum and other chemicals. www.ewg.org/skindeep/ is a great resource for checking questionable products/ingredients.

As general rule: Only put on your skin what you would also eat. Start reading the labels of your skin products. The longer the list of ingredients the more chemicals are hiding in the product.

- Drink a glass of water or with added lemon to hydrate and alkalize your body especially first thing in the morning.

ADDITIONAL DAILY DETOX TIPS

Detoxification is the body's way of metabolizing and removing toxins. It's a process; the body does naturally, all on its own. However, the capacity of the body's detox process is not endless.

For excellent health, it's important to **enhance our body's ability to detox, while at the same time minimizing our exposure to common toxins.**

The more toxins we are exposed to, the harder the body has to work at eliminating these toxins.

While it is impossible to eliminate our exposure to all toxins, we can reduce unnecessary exposure as well as improve our body's efficiency and ability to eliminate them.

Here are **8 Easy Tips** you can do to support your body along with your daily skin brushing routine:

1. Tongue Scraping

Overnight when the body is resting, the digestive system works to detoxify itself. Some of the toxins are deposited on the surface of the tongue and are responsible for the coating usually seen on the tongue first thing in the morning. Ayurveda, the Traditional Indian Medicine, recommends cleaning the tongue as part of your daily self-care to remove any, toxic waste that builds up in the body.

Use a tongue scraper or spoon to cleanse your tongue of any white coating. Scrape from the root to the tip of the tongue and repeat several times. Removing the bacteria, food debris, fungi and dead cells from the tongue significantly reduces bad breath. You may be amazed the first time you do this by the amount of gunk that comes off of the tongue and you will not want to re-ingest that into your body again by leaving it on the tongue.

2. Oil Pulling

Oil pulling also comes to us from the Ayurvedic traditions and has been used for oral health and detoxification for thousands of years. Scientists believe that the lipids in the oil both pull out bacteria, as well as stop bacterial from sticking to the walls of the oral cavity.

Use 1-2 tsp of cold pressed organic sesame oil or coconut oil into the mouth after scraping the tongue and swishing the oil around the mouth for about 10-15 minutes and then spitting it out and rinse your mouth well.

First, the oil mixes with the saliva, turning it into a white, thin liquid. Lipids in the oil begin to pull out toxins from the saliva. As the oil is swished around the mouth, teeth, gums and tongue, the oil continues to absorb toxins and usually ends up turning thick and white. Once the oil has reached this consistency, it is spit out before the toxins are reabsorbed.

You can also add turmeric powder to the oil to use the strong antibacterial and anti-inflammatory properties of the turmeric.

3. Drinking Warm Lemon Water In the Morning

Kick-start your day with about 16oz of warm water and ½ -1 fresh lemon, and give your body a little time to wake up before having breakfast. It has a myriad of health benefits, from helping your immune system, alkalizing your body, flushing out toxins to offering an antioxidant boost and it tastes good! You can also add 1-2 tbsp of raw, unfiltered apple cider vinegar for its many additional health benefits and a 1 tsp of raw honey depending on taste.



Tip: WARM water (as opposed to hot or cold) is key as water too hot will kill the nutrients and enzymes the lemon, apple cider vinegar & honey provide and water too cold takes longer to hydrate your body because your body will first have to warm up the cold water before it can begin to reap its benefits.

4. Spice it up!

Besides following a clean, unprocessed diet with fresh, organic foods, there are many beneficial cleansing spices you can add to your diet such as ginger, turmeric, cumin, cilantro, fenugreek, ginger, fennel, cayenne, black pepper, clove, cinnamon, oregano, parsley and rosemary. Use organic and fresh spices. It's best to grind them yourself, they will be more potent. Have fun experimenting and get sprinkling!



5. Give your body a break for healing

One of the most powerful things you can do for your body is giving it a break from eating or fasting. You can do it anywhere from 1 to 7 or more days. And there are several different ways of fasting; drinking juices (best is fresh juiced fruit juices like lemons, oranges, grapes or apples as they are much more detoxifying than veggies), fasting on water or teas and dry fasting without taking in anything. The latter is the most powerful and detoxifying form of fasting as the body goes in complete resting mode and uses all its energy for healing and regeneration of damaged tissues. It can literally perform so-called miracles while in this state of detoxification and repair.

Please educate yourself before going on longer forms of fasting.

6. Breathe Deeply

In our often hectic and busy lives it is easy to forget to breathe deeply which contributes to a sluggish lymphatic system. But you can improve your lymph system cleansing by learning to practice deep breathing. The expansion and contraction of the diaphragm stimulates your lymphatic system and massages your internal organs, helping the body rid itself of toxins, and leaving more room in the cells for an optimal exchange of oxygen.

Tip: If you tend to breathe shallow remember to breathe deeply each time you take a sip of water.

And while you are helping your body to clean house, you'll also be fighting stress. Breath is the fastest medium to trigger your parasympathetic nervous system, flicking the switch from high alert to low in a matter of seconds. So breathe deeply as often as possible.

7. *Move your Body*

Not only does exercise make you feel better, but it's an easy way to help your body boost its natural detoxification process. When we exercise, blood circulation improves, bringing nutrients not to just our muscles but all of our organs. Exercise aids the lymphatic system which removes toxins from the body. Higher intensity exercise, increases sweat, which is important for daily detox. Even if it is just 5 minutes several times a day such as taking a fast walk around the block, doing some jumping jacks or turn on your favorite music and dance, every minute you get your body moving is worth it!



8. *Mind Detox*

While we have focused much on supporting our bodies to detox we don't want to leave out the mind! We know that negative thoughts and emotions can greatly impact our health and even make us sick. After all we are what we think!

A toxin-free body is only truly possible when accompanied by a clear mind. The correlation between body and mind is stronger than you might expect: if you treat your body as a temple, a positive mindset is likely to follow and vice versa.

- Take up daily (guided) meditations to help calm and clear the mind, best in the morning.
- Think positively about yourself. Positive self-talk really does have a huge impact on your overall self-image and thought processes, thus creating a less toxic mind.
- Practice a positive outlook on life by focusing on all the things you can be grateful for every day.
- Smile and laugh often! ☺

We hope you enjoyed this guide and you will be able to incorporate some of the daily tips along with your new skin brushing practice.

Best wishes for your long lasting health and radiance!

Claudia
Founder, ZEN ME



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