

Benefits of Dry Brushing

Benefits

- Increases blood circulation.
- Reduces toxins and smoothes the appearance of cellulite.
- Exfoliates dead skin cells and rejuvenates skin cells.
- Reduces muscle tension and stress.
- Brightens skin.
- Unclogs pores and helps skin absorb nutrients better.
- Stimulates nerves.
- Softens skin and helps prevent premature aging.

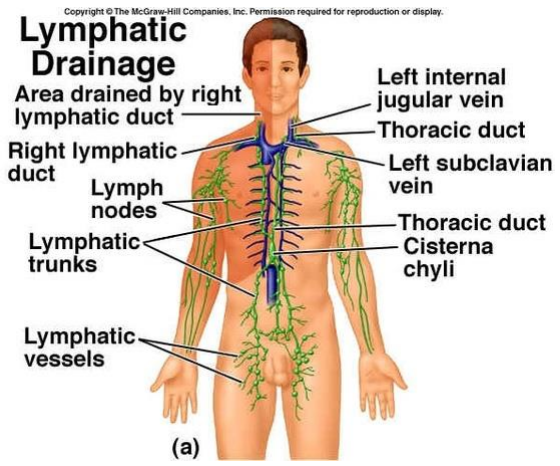
How To Use A Dry Brush

Aim to dry brush your skin before you shower or take a bath; that way you can wash off any lingering dead skin cells. Select a hand-sized brush made with natural bristles; a handle helps to hold the brush more comfortably. Making sure your skin is completely dry, start at the bottoms of your feet and work your way up your legs using smooth brushstrokes. You want to brush upward toward your heart because that's where the lymphatic system drains. Repeat this process with your hands, arms, and shoulders, and use a clockwise circular motion on your stomach. Brush several time over each area until your skin has a rosy glow and tingles slightly.

How To Support Lymphatic



& Immune System



The right **lymphatic** duct, **drains** the upper right portion of the **body**, returning **lymph** to the bloodstream via the right subclavian vein. The other trunk, the thoracic duct, **drains** the rest of the **body** into the left subclavian vein.

Kathleen Porter, LMT, CMMP, LAMA, CMIC

ABG Wellness

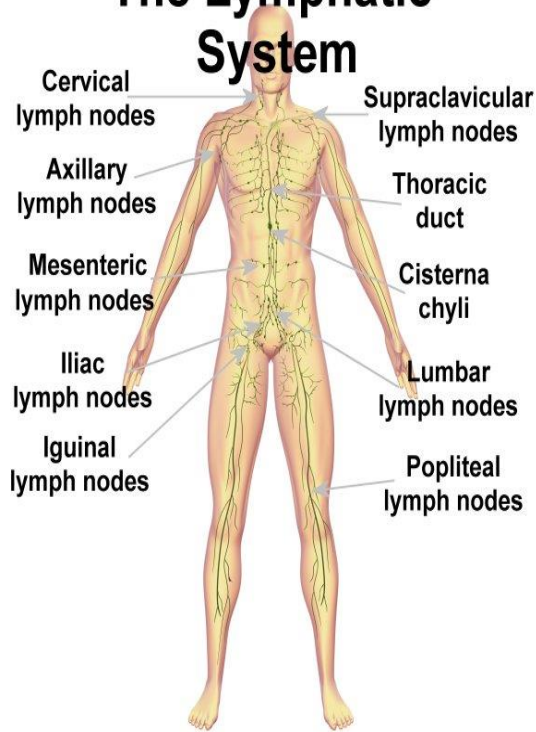
4955 S Alma School Rd Ste 10

Office: 480 322-4981 Cell: 808 282-3355

www.abgwellness.com

kathy@abgwellness.com

The Lymphatic System



Signs of Lymphatic Congestion

The main function of the lymph system is to remove waste from cells and dump it at the kidneys and liver for elimination. If the system is congested and not flowing well, it doesn't eliminate cellular waste. Cells can become overwhelmed by the buildup of waste.

Symptoms of Lymphatic congestion can include the following:

- Swelling
- Inflammation
- Fatigue
- Infection (e.g., more frequent colds)
- Obesity
- Development of cancer
- Constipation
- Congestion
- Sore throat
- Brain fog
- Weight gain
- Skin issues
- Inflamed tonsils

Stimulating & Circulation Essential Oils

Citrus essential oils, like orange, grapefruit, and lemon, are stimulating for lymph glands. Peppermint, ginger, and rosemary are good for circulation and will help lymph nodes drain. Dilute with a carrier oil and rub on lymph glands under neck and arms.

Carrier Oil to Dilute Essential Oils

100% Sweet Almond Oil, Coconut Oil, Grape Seed Oil, Jojoba, Sunflower Oil, Pomegranate Seed Oil.

100% Almond Oil is naturally high in vitamins A, B1 B2, B6 and E making it great for clients with dry itchy skin and inflammation.

So, how can we better support healthy lymphatic circulation?

1. Detox bath (1 or 2 cups of Himalayan salt & 1 or 2 cups of Epsom Salt)
2. Dry brushing (Ecotools)
3. Yoga/Meditation (Qigong)
4. Sweating the lymphatic system (Infrared sauna and hot yoga)
5. Massage (Lymphatic)
6. Using essential oils (lemon, orange, grapefruit, ginger root, peppermint, rosemary)
7. Taking lymph stimulating herbs like cleavers. Chili peppers, turmeric, ginger, clove, bee propolis, apple cider vinegar etc. might give your lymphatic system an extra push and support. Some herbs like green tea, nettle and cinnamon could help the body to drain the lymph and excessive liquids.
8. Eat Healthy (natural whole foods)
9. Drink plenty of water (Smart Water, Essentia Water, Coconut Water, Sam's Club Plus Water)
10. Hydrotherapy (hot/cold alternation)