



HEAVENLY HERBS and ACUPUNCTURE  
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**DRY BRUSHING**  
**For**  
**Blood Circulation**  
**Lymph Drainage**  
**Neuropathy©**

Use a loofah (aka luffa) brush and 'dry brush' your entire foot and leg, and your hands and arms also (torso too). Always brush towards the heart, since this is the direction of venous return to the heart and lymph drainage both. Do this daily. A good time to do this is before a shower, and or when sitting down relaxing and watching TV (although this could be too 'stimulating' for some, making it hard to go to sleep.) This could also be done while wet in the shower, but it won't be as stimulating for the circulation.

Benefits:

- Increases blood circulation.
- Stimulates lymph drainage.
- Nourishes and stimulates the nerves, which will help numbness and tingling due to neuropathy.
- Skin exfoliation.