

**Dry Brushing: A Guide To Improving Your Skin And  
Health Through Dry Brushing Detoxification By K. H.  
McClure**

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To promote detoxification through alkalization having hot drinks and even brushing your teeth. and leave to dry on the skin.

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### **The dry brushing technique**

technique deals with detoxification of the skin. Dry brushing. out your body through the elimination channels we discussed above. And your health will

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Dry brushing the skin is often overlooked and not taken seriously but it is the most effective way to keep the skin healthy. The skin is the largest organ in the body

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Introduction. This is the second article about the technique of dry-brushing. The first article gave general information whilst this second article provides a step-by

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AestheticSource will be your guide; dry body brushing should be carried out twice a day for maximum benefit. , your skin and your general health and wellbeing.

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