



# Staying in Touch

Karen Mae Simpson

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Issue 2, 2012

## Greetings!

Well if those New Year resolutions have already fallen by the way side, don't worry because you can still go on your detox and find out the best way in which to keep you body healthy. It's not too late! You will be surprised to know that we should actually detox our bodies and minds quite regularly..even 2-3 times per year and not just in January!

## Valentines's Gift Idea:

I can think of no better 'surprise gift' to hand to a loved one over the table than the gift of a Mavis and I..." gift voucher. Whilst luxuriating in the touch of a *NO HANDS* Massage, your loved one will be so grateful and happy... Just give me a call, and we can organize one for you!



A note from Gerry Pyves - the creator of *NO HANDS* Massage. Last month we looked at repletion

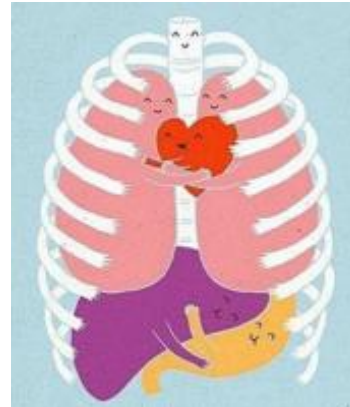
as a good reason for having Massage. This month we look at DETOXIFICATION. The skin is one of the body's major organs of elimination and very little stimulates its natural and healthy function of detoxifying us throughout the day and night, as much as Massage. If you follow a Massage treatment with a trip to your local steam and sauna, then you will really be encouraging the skin to 'do its stuff'. Add a good old 'skinbrush rub' before each shower and bath and your skin will be as healthy as a baby's bottom!

Karen Mae Simpson  
Massage Therapist

## A Reason for Massage

# DETOX

The most important thing about detox is to GO GENTLY. If you feel that you need a good clean out, great! But please go gently. Think about it - the other organ (after your skin) that is most designed to detoxify and break down any toxins is the liver. When it is overloaded, it very cleverly stores toxins in itself - for a 'rainy day' when it can properly deal with it. The liver waits until there is not much 'day to day' work and then quite naturally, quite normally gets to work. You don't need to do much to stimulate this detox activity of your liver at all - it's all part of the miracle of your body. The best way to do this is simply give it a rest from toxins like alcohol, coffee and junk food. In fact the liver is your body's very own recycling plant. It breaks up toxins and then re-uses whatever molecules it can. So your body is naturally in 'detox mode' - all the time. Problems only occur when our modern diet or lifestyle overloads the liver with too many toxins. Then it goes into 'storage mode' for all the toxins it cannot process. If it has no space in the lining of the liver itself, it places the toxins into our fat cells. This is one of the reasons why losing weight can be quite traumatic - we are releasing a lot of toxins.



So the liver breaks down toxins brilliantly – unless it is overloaded, in which case it does this excellent job of storing them into a 'deal with later' file. After the excesses of the Christmas period (when the liver has already been taxed) what most people do is throw away their money on a liver cleanse or a detox programme that does, well what? Well, if they work, the toxins leave all the cells and go into the blood stream and then they go precisely where for processing and recycling? To the liver, of course! What a great idea; Let's

flood the probably exhausted liver with even more toxins to process! The 'crazy' idea of an extreme detox is to try and force an already overworked liver to do even more work. Not smart. So if you really want to give your body a good cleansing after Christmas then the key is this: GO GENTLY. From a dietary point of view, simply begin to reduce the toxins you take in. Don't do anything to

'push' your body into an artificial detox. It will do this naturally when you simply reduce your intake of toxins. This 'rest' will automatically free up energy in your body to clear out any residue of toxins. If the liver isn't processing too much from food metabolism, then it will automatically start to break down toxins in your body. So we just eat a little less, and we eat a bit simpler. You know the deal: lots of vegetables, rice, soups, lots of water, that kind of thing. We also snack on fruit and nuts instead of cakes and sweets. In addition, it is a good idea to do regular exercise to move toxins out of the muscles and fatty tissues. Again, go gently - your body does not need pushing or punishing! It will do the job of detoxification quite naturally. After 25 years of Bodywork I have learned just one thing - trust your body to self heal naturally. Massage is simply the most ideally natural therapy of them all for detox. All we need to do is 'switch on' and support this amazing inherent power of detoxification. This 'switch on' can be done quite simply by working the Colon and the foot reflexes. The colon is king - if you have read my little brown colon book then you know what I mean. The combination

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## A Reason for Massage: Detox

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of colon work and foot reflex work seems to 'trigger' the body's own natural and gentle release of toxins. This is what happens in our *NO HANDS* detox treatment. Of course all Massage treatments will have a detoxifying effect - if your body needs it. Massage literally squashes all the cells in your body and stimulates the release of toxins. These travel out of the cells and into the major circulation systems of the body ready for elimination. You know this is happening because the blood gets temporarily toxic and as it passes through the subtle areas of your brain you experience headaches. This is good – a sign that the treatment was powerful. Rest and lots of water facilitates this process. All gentle. All natural. All based on respect for the body...



## Dry Skin Brushing

It is well known that the skin is the largest organ in the body, and is responsible for one-fourth of the body's detoxification each day, also making it, one of the most important elimination organs! The skin is also known as the "3rd" kidneys and the lungs are known as the "2nd" kidneys. Toxicity can gather beneath the skin's surface from such common influences such as improper pH levels in body soaps, skin creams and anti-perspirants, plus synthetic fibers worn next to the skin with any of them contributing to a variety of skin problems and conditions.

When you do skin brushing, you help your lymph system to clean itself of the toxins, that collect in the lymph glands. You use a simple technique to improve the surface circulation on the skin and keep the pores of the skin open, encouraging your body's discharge of metabolic wastes, and resulting in an improved ability to combat bacteria, plus helping your skin to look and feel healthier and more resilient! Skin brushing is a perfect treatment for self-help enthusiasts.

### Benefits:

- Tightens skin.
- Helps digestion.
- Removes cellulite.
- Stimulates circulation.
- Increases cell renewal.
- Cleans lymphatic system.
- Removes dead skin layers.
- Strengthens immune system.
- Improves exchange between cells.
- Stimulates the glands, thus helping all of the body systems to perform at peak efficiency!



### How to do skin brushing:

1. Buy a natural, not synthetic, bristle brush, since it does not scratch the surface of your skin.
2. Buy a brush with a long handle, so that you're able to get to the areas of your body, that are not easy to reach, when doing your own skin brushing.
3. Skin brush, before showering or bathing, at least once per day, and twice, if possible.
4. Do not wet your skin, since it will not have the same effect, because this stretches your skin.
5. Do lighter strokes over and around your breasts, but do not brush the nipples.
6. Brush each part of your body several times vigorously, completely brushing your whole body.
7. Brush the soles of your feet first, because the nerve endings there affect your whole body, next brush your ankles, calves, and thighs, then brush across your stomach and your buttocks and lastly brush your hands to your arms.
8. Always skin brush towards the heart.
9. Do circular counter-clockwise strokes on your abdomen.
10. Take a warm bath or shower, which should always be followed by a cool rinse at the end to invigorate blood circulation and stimulate surface warmth.
11. Wash your brush every few weeks in water and allow it dry.