

It is easy to see how the stomach and intestines become the first seat of disease. I repeat, fresh vegetables and fruits eaten raw and chewed to a near liquid state are more easily digested than most people believe. These are the important foods that are alive and most conducive to healthful living and natural healing.

CHAPTER 3

Amazing Connections: Dr. Soltanoff's Unique Dry Brushing for Health and Beauty

The next crucial prong of my three-pronged Biochemical Reprogramming system is dry brushing. Dry brushing paves the way. It's what makes Biochemical Reprogramming different from any other program you might have heard about or tried. For the body to achieve optimal health, most body systems must be working on all eight cylinders. The skin provides the easiest access to certain of these systems, most importantly the nervous and the endocrine systems.

The key to a healthy immune system is the endocrine system. If the endocrine system functions properly, you need never grow sick, never grow "old." You see, the endocrine system, together with the central nervous system, was designed to keep the body healthy and vigorous to an advanced age. It is improper nutrition, sedentary living, and the world's pollution that swell and toxify the glands, provoking disease. In fact, most illness is directly related to malfunctioning glands. (For more specific information, see pages 70-77.) Dry brushing stimulates the glands, promoting their return to proper function. In my opinion, it may well be the emphasis on brushing that gives such extraordinary results with my patients. When I get patients brushing, they're on cloud nine. I tell them no matter what they do (unless they are very sick indeed), even if they lapse in their diet and exercise, if they keep on brushing they are

going to get results. In other words, if they do brushing alone, their health is going to improve considerably. How is this possible? Because the skin is one way of reaching the endocrine system very quickly. Let's consider the skin.

The Skin Is a Complex, Vital Organ

How many of us know much about the skin or take it into consideration when we think about our health? Usually people think of skin in a purely cosmetic sense. Skin is not supposed to get wrinkled or look old. Skin looks good suntanned, though the dangers of too much sun on skin are now generally recognized. It's something that holds us together. If we didn't have it, we would leak.

In fact, the skin is an organ—the largest eliminative organ of the body, so much so that it is sometimes called the third kidney. In the course of a day the skin eliminates more than a pound of waste products in the form of sweat. Hundreds of thousands of tiny sweat glands all over the body throw out metabolic wastes, but if the skin is inactive, stuffed into tight clothes, and swathed in synthetics, it cannot do its job. The skin needs to breathe (it's also called the third lung). It needs fresh air and stimulation. Very few of us get to expose our bodies to fresh air on a routine basis. For optimum health, your entire body should be exposed to fresh air for a minimum of ten to fifteen minutes a day. Tight clothes prevent the skin from breathing, and the use of synthetic fabrics drastically compounds the problem. It's like walking around with your body coated with Saran Wrap.

The skin is also an absorptive organ. It absorbs oxygen, vitamins, minerals, even protein. By the same token, this also means that if you routinely apply toxic substances to your skin, they are going to find their way into your internal organs. Antiperspirants, by the way, amount to skin sabotage. They prevent your skin from exercising its proper eliminative function. With proper diet, brushing, and clothes made of 100 percent cotton next to your skin, you'll never need antiperspirants again. (More on skin sabotage when we talk about cosmetics.) In more natural surroundings where people lived natural lives tied to nature and natural processes, the skin probably would take care of itself and perform its function. But in our highly unnatural environment, the skin needs special attention.

As with other organs, if the skin seriously malfunctions, it will bring down the whole system. Yet, it's amazing how, even among health and fitness conscious people, the skin is taken for granted and left to its own devices.

Good nutrition and exercise are absolutely essential for putting us back on the road to health and keeping us there. But if our skin isn't doing the job it was designed to do, we will not reap the full benefit of good nutrition and exercise. Dry brushing is 100% pleasurable. A diet, any diet, involves a certain amount of sacrifice, let's face it. No matter how much good you know it's going to do you, it's going to involve giving up some favorite sins. The same goes for exercise. Working up a sweat means just what it says—working. But dry brushing—the prescription for getting your skin back in shape—is fun. All my patients, without exception, love to brush. And some of the most incorrigible exercise haters and junk food junkies find time to brush on a daily basis.

What Dry Brushing Does—and Why It Does It

Dry brushing is based upon the ancient Chinese concepts of acupuncture and acupressure (concepts, incidentally, that have recently been acknowledged as sound by Western medicine after decades of derision and neglect). The Chinese recognize three million nerve points spread over the surface of the skin, seven hundred of which are nodal. In plain language, when these nodal points are stimulated, currents flow through channels called *meridians* and stimulate (or suppress) the activity of specific organs to which they are connected. For example, the tip of your big toe is connected to the pituitary gland just below the brain. A point in the web between the thumb and forefinger of the right hand connects to the liver. Although medical researchers still do not exactly understand the mechanisms at work in acupuncture and acupressure, it is now generally acknowledged that they *do* work.

Dry brushing is systematically designed to take advantage of these myriad connections. By applying friction to the acupuncture points, your entire nervous system is stimulated and invigorated and the beneficial effects are directly conveyed to every organ, gland, muscle, and ligament in your body. Indirectly even the production of red and white blood cells is affected.

The immediate result of a brushing session is a feeling of intense physical well-being. The quality and texture of your skin improve instantly. The skin has a warm rosy glow, and you can feel your circulation revving up. In my practice I get a lot of people in from IBM and the local newspapers who must sit in front of computer screens all day long. They come to me with their neck and shoulders rigid, tied in knots. Brushing instantly releases stress and tightness in neck and shoulders. Posture is improved, and any muscular constrictions in those areas are released, thus increasing the flow of blood from body to brain and back again. *Brushing relieves chronic tension headaches far more efficiently than do painkillers.* By stimulating the lungs (when the muscles relax, the chest opens up, freeing the lungs to expand more) and increasing the flow of oxygen to the brain, brushing leads to clearer thinking. It also improves digestion, as you burn up a good portion of the food you consume through the way you breathe. If your lungs and breathing are restricted, an additional burden is placed on the heart, which prevents it from functioning normally. The quality of your blood is also upgraded through brushing. Brushing enhances both the quantity and quality of the red blood cells, which in turn benefit your overall circulation.

Beauty Benefits Through Brushing

In women, dry brushing done regularly and in conjunction with the proper diet and moderate exercise will tone and tighten the skin and will get rid of troublesome cellulite! In ninety-nine cases out of one hundred, my women patients have reduced their accumulations of cellulite in dramatic fashion, even though they came to me with unrelated problems. Cellulite is toxic material stored in the body's fat cells that does not get eliminated as it should. Cellulite builds up through a number of factors: pollution, stress, alcohol, dairy products, coffee, and general adherence to SAD (see pp. 236-7). Brushing in combination with proper diet and exercise breaks down these fatty deposits, which are gradually released and passed out as waste. (If you're so desperate to get rid of cellulite that you contemplate liposuction surgery, try brushing before you submit to this expensive and potentially dangerous operation.) Because dry brushing also stimulates hormone- and oil-producing glands, your skin

will be rosy, resilient, and youthful without recourse to dangerous and expensive hormonal creams, oils, and cosmetics. (The routine destruction of millions of helpless animals by cosmetic firms should be enough to make sensitive human beings stop using their products without further inducement. Regular brushing makes their products not only immoral but unnecessary. I'm aware, of course, that there are a number of small cosmetics firms with a conscience. These do not use animals in their tests and employ only natural ingredients in their products, and I do not mean to condemn them.)

During the transition, if your skin is dry, a quick oil massage will work wonders. As a moisturizer, use a cold-pressed natural oil. Sesame, avocado, almond or extra virgin olive oil works fine. Astonishingly, for a permanently velvet-smooth skin, the best moisturizer is the cheapest by far. There is absolutely nothing better for your skin than plain 100 percent cocoa butter or coconut oil. The best skin care in the world should not cost you more than five dollars a year.

Dry Skin Health and Beauty Dry Brushing Technique

What you need is a brush about the size of your hand with a moderately soft natural vegetable fiber bristle. (Nylon or synthetic fibers are too sharp and may hurt the skin.)

Skin sensitivity varies, of course, from person to person. Maybe you can stand harder brushing than I can. Also, some parts of the body are more sensitive than others: the inner thighs, abdomen, and chest particularly. Brush gently at first. When your skin has become used to brush therapy, you may, if you like, use a coarser (even synthetic) bristle. Test for comfort by rubbing the bristles of the brush over the back of your hand. (The sensation should not be unpleasant.) Within a few days, your initially tender skin becomes conditioned. Use the brush as directed on your body. The whole process should take no more than nine minutes.

Every two weeks or so, wash your brush with soap and water and dry it in the sun or in a warm place. Your brush will rapidly fill with impurities and should be washed regularly. For hygienic reasons, each member of the family should have a separate brush.

HOW TO BRUSH

Dry brushing is best taken nude in front of a mirror when you wake up in the morning before you shower. (Remember, you and the brush must be dry to create the correct friction.) You'll soon find out it has the shot-in-the-arm effect of caffeine and jogging. After a couple of weeks brushing will be second nature. You'll brush your body as automatically as you brush your teeth. In fact, it will be unthinkable to start your day without brushing. Follow the instructions exactly (and in the proper sequence) for best results. *Note:* Do not brush if you have poison ivy, skin rashes, infections, or other skin problems, or inflammatory circulatory problems such as phlebitis. Always begin by brushing gently. *Do not overbrush to the extent of irritating your skin.*

Hands and Fingers

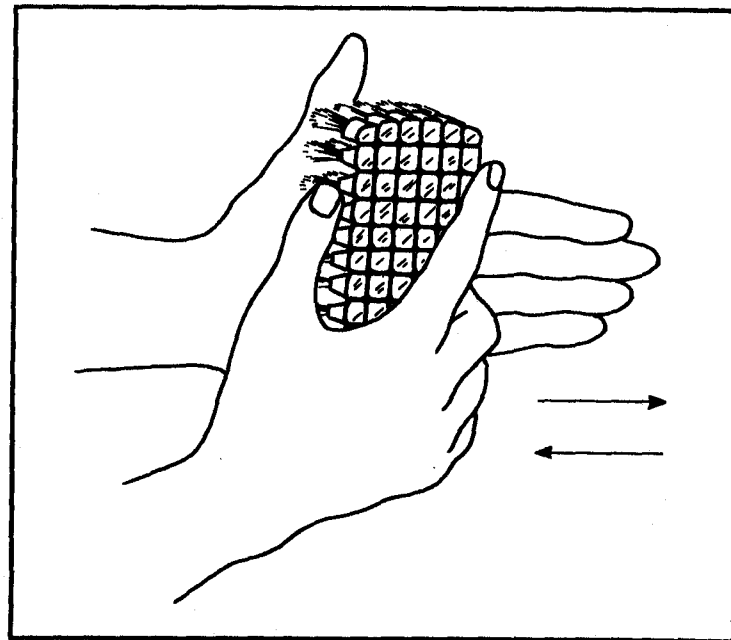
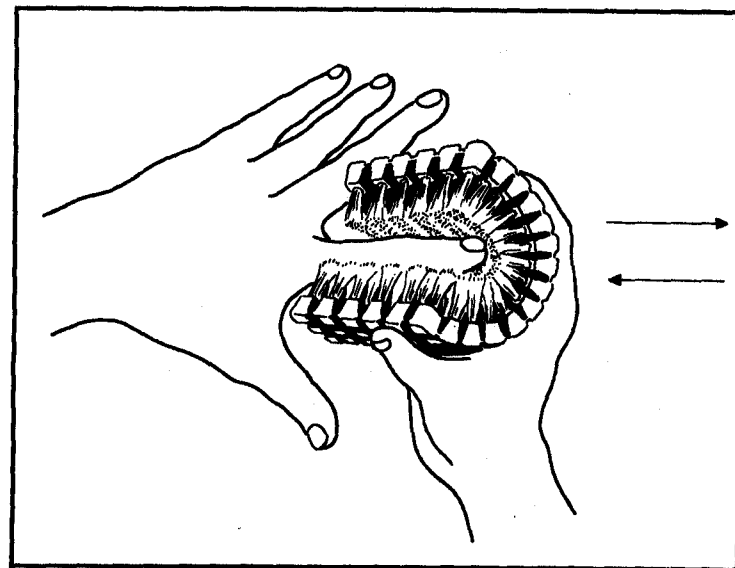
1. Holding your right hand with your fingers extended, brush each finger back and forth 7 times.

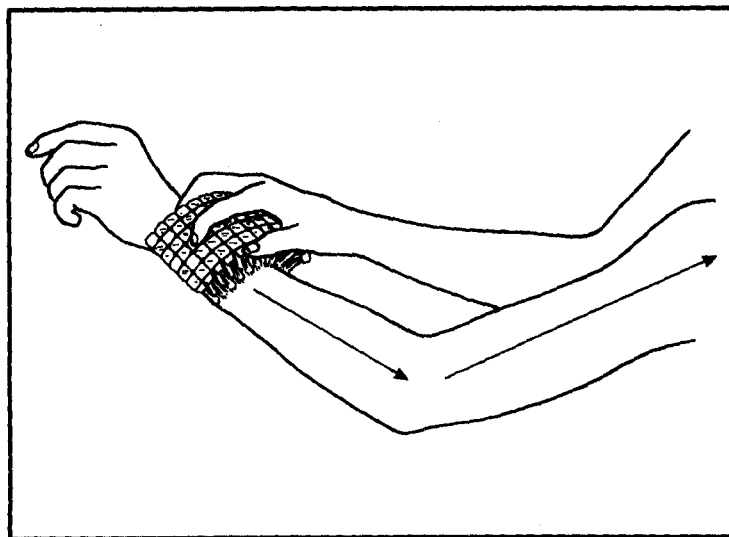
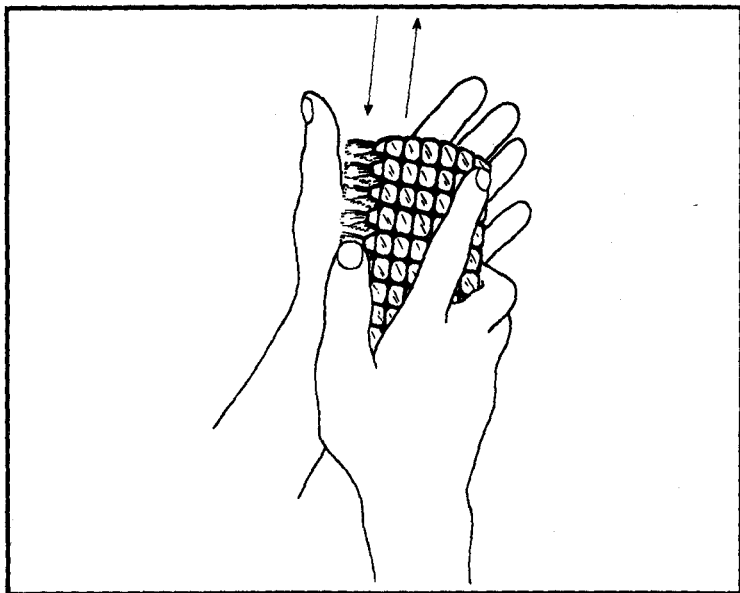
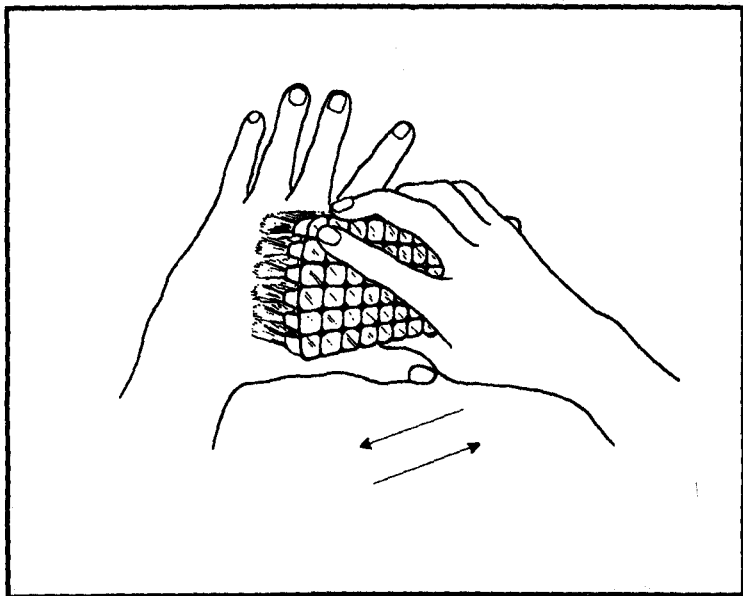
2. Brush the entire surface of the palm side of the hand from the wrist to the finger tips back and forth 7 times; then do the same for the top of the hand.

3. With palm down, brush the web between the thumb and forefinger back and forth 14 times.

4. With palm up, brush the web between the thumb and forefinger back and forth 14 times.

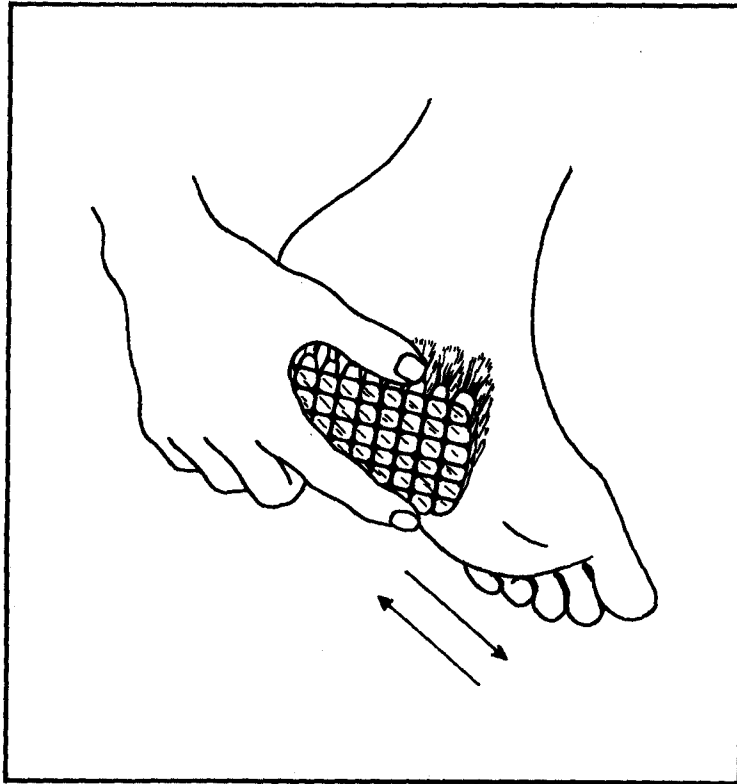
Now do the left hand in exactly the same way.





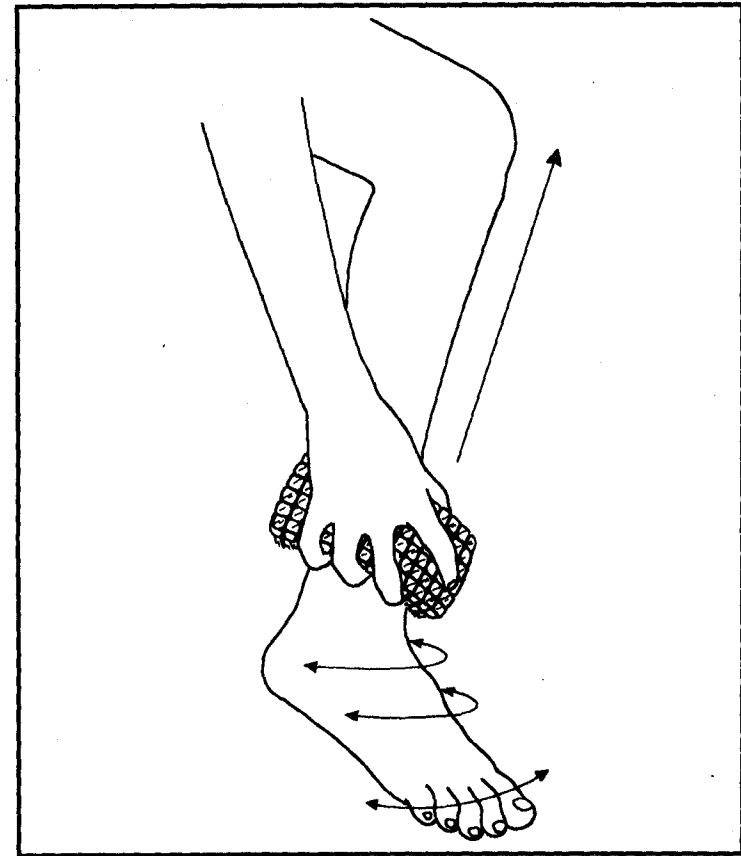
Arms

5. Brush the entire surface of the right arm from the wrist to the elbow UP towards the heart 7 times; gradually work around the entire surface of the arm doing each area 7 times. Continue from the elbow to the shoulder always UP towards the heart, again brushing each area 7 times. Repeat on left arm.

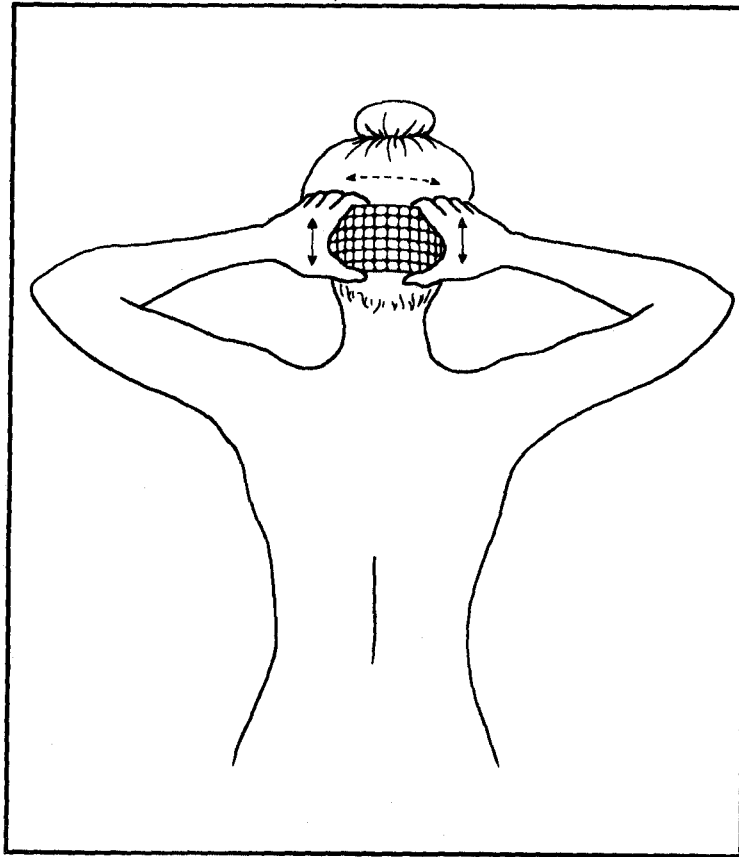


Toes, Feet, and Legs

6. Brush the entire surface of the bottom of the right foot back and forth 7 times. It'll tickle at first.
7.
 - a. Brush across the tops of the toes back and forth 7 times. Then do the bottom of the toes.
 - b. Work upward from the toes, bringing the brush *back and forth* across the top of the foot 7 times in each area up to the point at which the ankle begins.
 - c. Brush around the ankles *back and forth* 7 times.
 - d. Brush from the ankle to the knee UP towards the heart 7 times; gradually work around the entire surface of the leg. Don't neglect the knee area. Brushing will firm

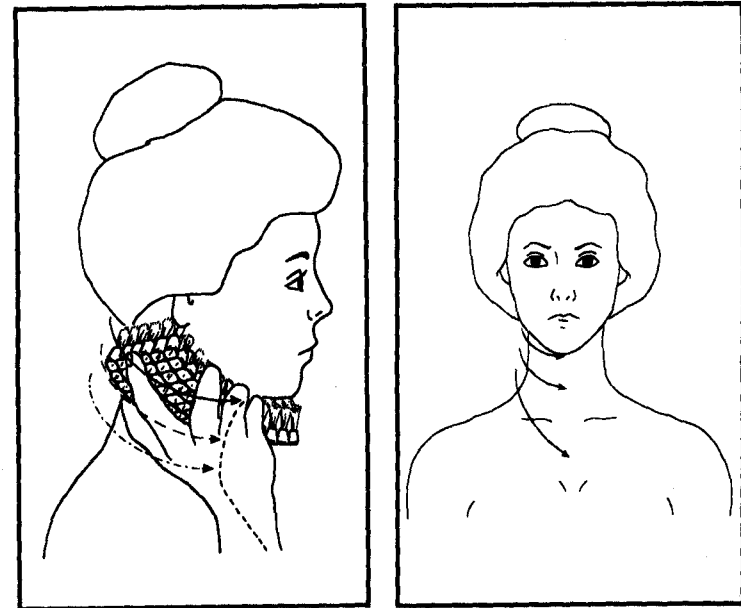


- e. Stand and brush from the top of the knee to the hip, always UP towards the heart, 7 times. Gradually work around the leg so that every square inch of skin is brushed.
- Now repeat the entire procedure for the left foot and leg.
- NOTE: If you have a cellulite problem here or elsewhere, double or treble the amount of brushing in those areas.

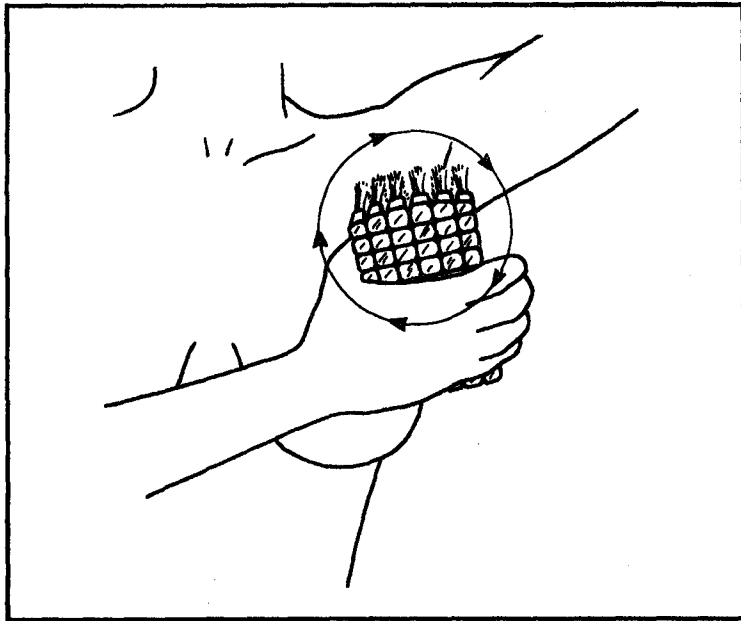


Neck/Base of Head

8. Lock brush at the base of head. *The brush should remain in place.* With two hands on the brush, rock it 14 times up and down and 14 times side to side. (This helps stimulate the pituitary gland, your master gland.)



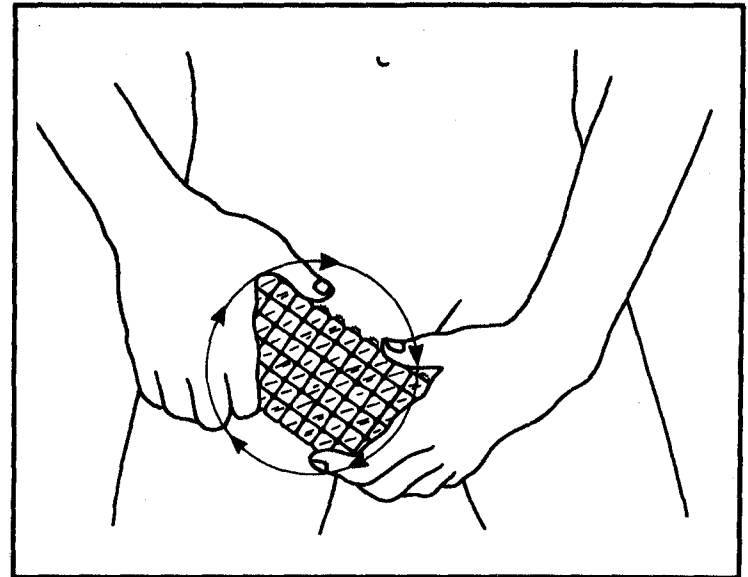
9. a. Hold the brush with your right hand, placing it under your ear on your jaw on the right side of your head. Slide it GENTLY along the jaw bone, ending by pulling through under the chin. Do this 7 times.
- b. Hold the brush in your right hand at the nape of neck, then slide it GENTLY around to the right side and forward to the larynx. Do this 7 times. This helps activate the thyroid and parathyroid glands to utilize calcium.
- c. Hold the brush in your right hand at the 'dowager's hump' on the top of the spine and bring the brush GENTLY around to the right and slide through the hollow of sternal notch on top of breast bone, just below the Adam's Apple. (Women: Do not brush breasts.) Do this 7 times. This stimulates the thymus gland, and will help strengthen your immune system. Holding the brush with your left hand, do the left side of the head and neck in the same way.



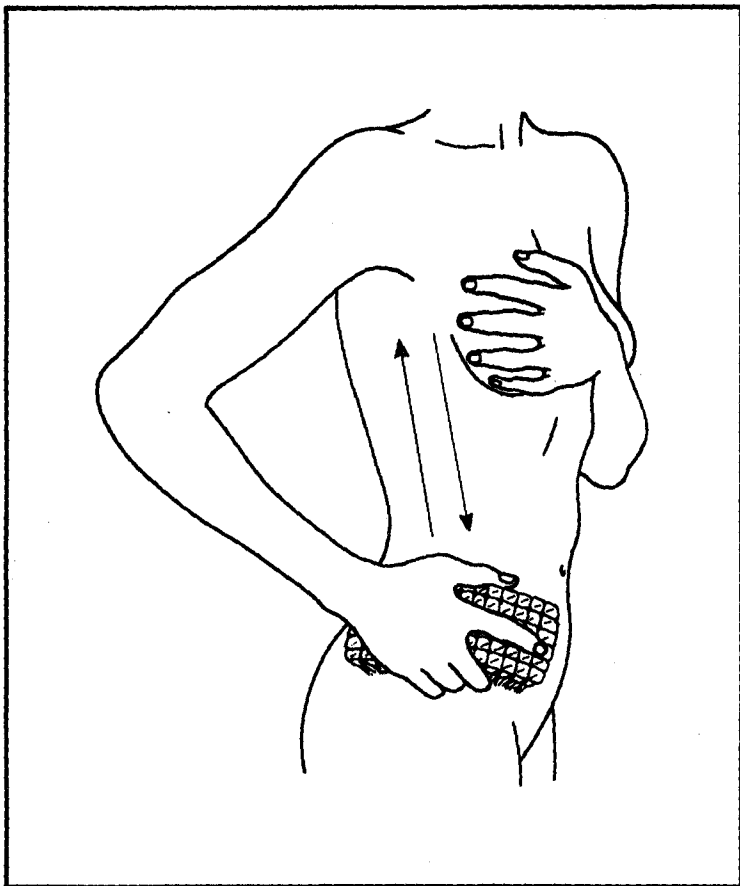
Lymphatic System (Drainage or sewage system)

10. Hold the brush firmly in the left armpit with the right hand. With the brush locked firmly in place, rotate it 7 times to the left and 7 times to the right. Then do the right armpit, using your left hand to hold the brush.

NOTE: Once you start No. 11, you stand and remain standing.

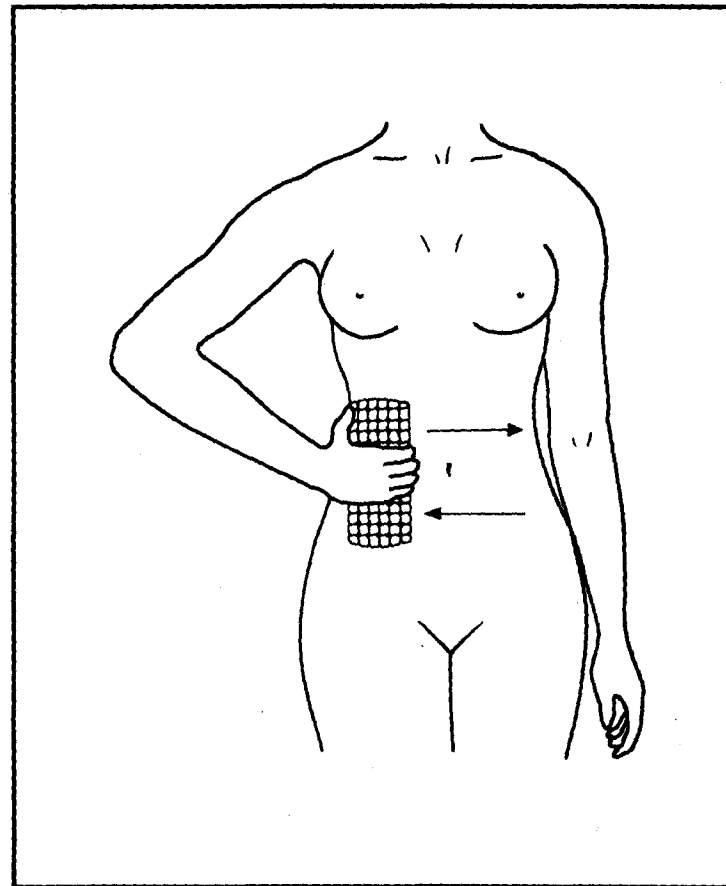


11. Hold the brush firmly in the right groin with both hands. With the brush remaining in place, rotate it 7 times to the left and 7 times to the right. Then do the left groin.

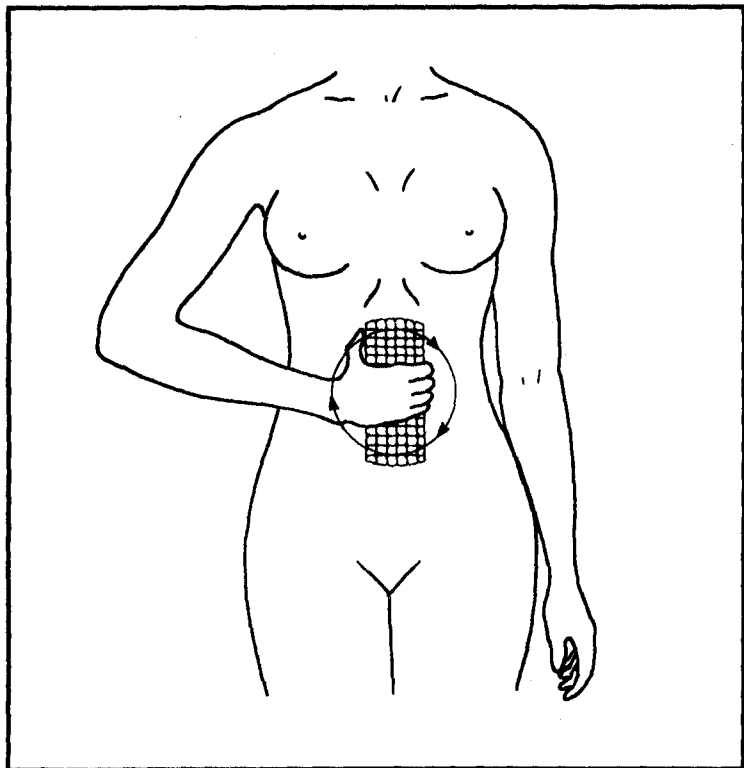


Front and Sides of Body

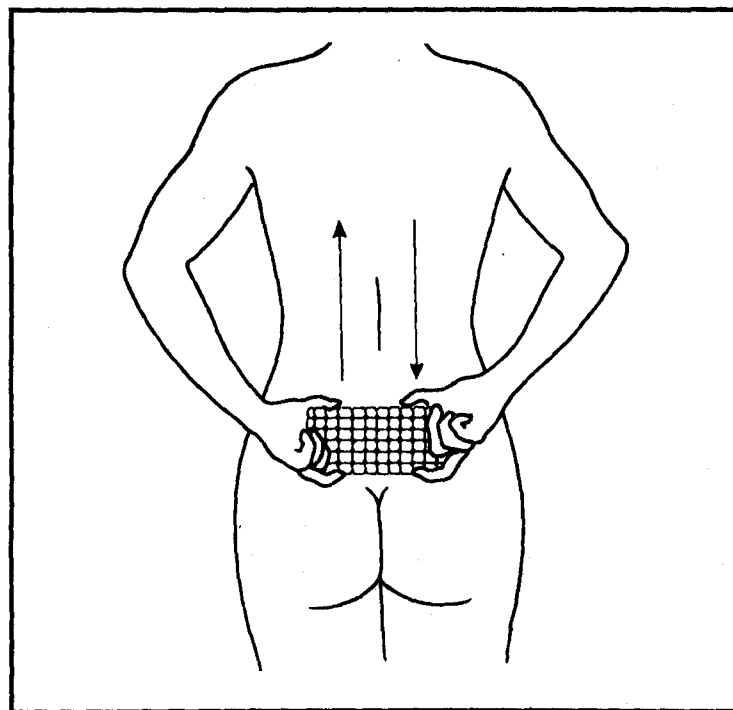
12. Holding the brush in the right hand, brush the right side up and down 14 times from the upper thigh all the way to under the arm. Women should hold their breast clear with the left hand out of the way of the brush. Then do the left side, using your left hand to hold the brush.



13. Brush back and forth *across and around* the waistline 14 times.

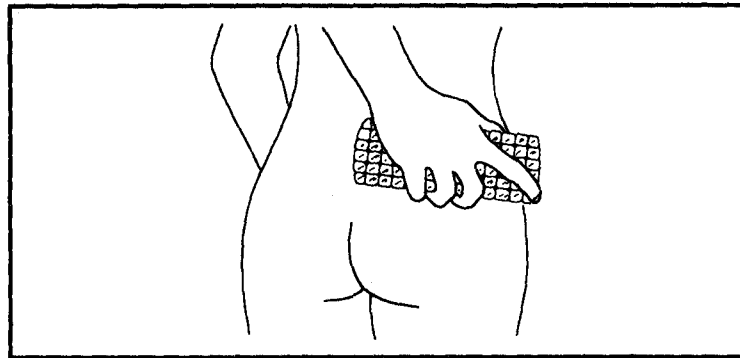
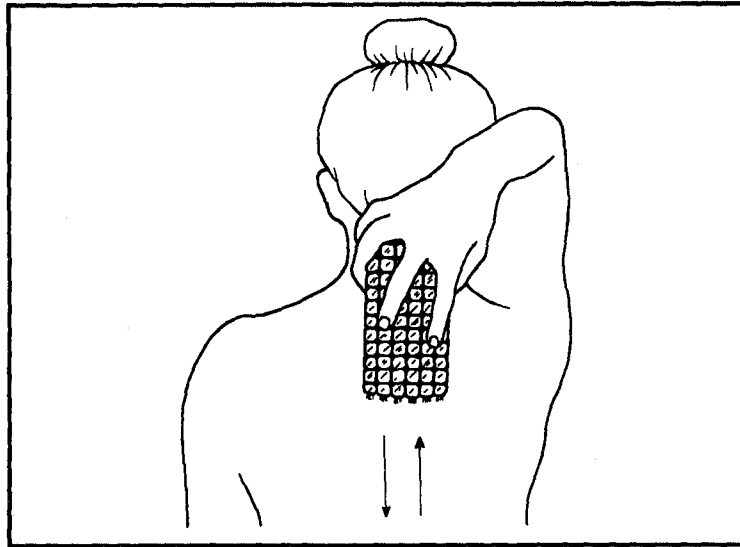


14. Brush in a circular motion at center between rib hollow (solar plexus) 14 times to the left and 14 times to the right. Starting at the top and working all the way down, finish up the front of the body in any direction (7 times), but be sure to exclude the breasts (in women) and face since this tissue is very sensitive.



Back

15. Holding the brush with *two hands*, brush up and down 14 times along the spine starting at the coccyx (tailbone) and reaching as high as you can.



16. Holding the brush with *one hand*, brush up and down 14 times along the spine, starting at the base of neck or dowager's hump and reaching down as far as you can. Finish the back in any direction.

17. Brush the buttocks in any direction covering the entire area 7 times. Give special attention to the buttocks and upper thighs. This will help rid the body of cellulite. After brushing, take a shower to wash away dead skin particles.

In a surprisingly short time, a few weeks at most, you will notice that brushing contributes to healthier muscle tone, a better distribution of fat deposits, and a feeling of vigorous well-being.

The Clothing Connection

To maintain the benefits of dry skin brushing, be sure that your skin only comes into contact with natural fibers that will allow it to breathe. That means cotton underwear, cotton shirts, and especially cotton socks. For natural drainage purposes, the pores on the bottom of the feet are twelve to fourteen times larger than any other place on the body. Synthetic socks block the process. Cotton is comfortable, absorbent, entirely beneficial, and in many cases, as cheap as or cheaper than clammy polyester. I must say I can never understand how people can be so insensitive or fashion crazy that they would wear this revolting stuff next to their bodies. Nylon ski parkas, okay. But polyester blouses, no thanks! Your bed sheets should also be cotton. The poly blends do not absorb the way cotton does. In other words, the sweat stays on you. For the well-heeled and luxury-loving, pure silk sheets and undergarments also do the job.

Health and Beauty Benefits of Dry Brushing

- Stimulates and increases blood circulation in all organs and tissues, especially capillaries near the skin. Especially valuable to the over-fifties, who commonly experience cold hands and feet resulting from clogged capillaries.
- Stimulates the eliminative capacity of the skin, helping it to rid the system of toxins, placing less of a burden on the kidneys, lungs, and colon.
- By stimulating nerve endings in the skin, rejuvenates the entire nervous system.
- Drastically reduces cellulite deposits—notoriously unresponsive to other forms of treatment.
- Tones and tightens skin.
- Improves your general overall health. Helps prevent premature aging and increases resistance to colds.
- Improves clarity of thought. By stimulating the lungs and

increasing oxygen to the brain, brushing actually improves thinking.

- Often relieves chronic headaches without recourse to pain-killers.

How the Connections Work

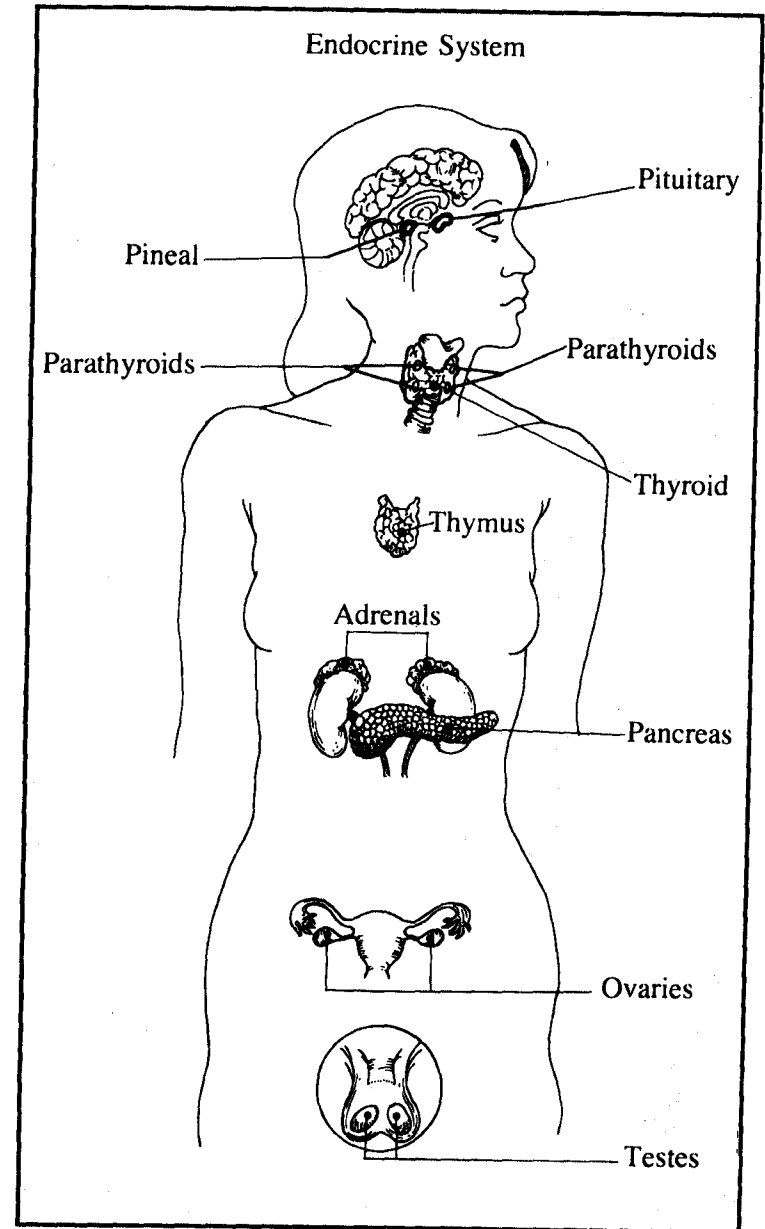
As I mentioned earlier, the dry brushing program stimulates the endocrine and other systems. When you understand the technical formal relationships between the three prongs of the program and your various glands and organs, you'll be much more inclined to practice the program because you'll see that it's rooted in science rather than personal opinion.

The Endocrine System

The endocrine system (see diagram, p. 71) is made up of glands. The glands secrete or generate hormones that go directly into the blood. The distinction between glands and organs is not generally understood. The organs function directly, actively; for example, the heart pumps, the kidneys filter, the liver stores, the lungs breathe, the stomach digests. The endocrine glands, on the other hand, regulate. The hormones are like traffic cops, instantly dispatched to various parts of the system to control and direct innumerable bodily activities. The manner in which tiny amounts of these specific substances target in on their destination and perform their delicate and complex tasks is one of the great mysteries and miracles of creation. The endocrine system includes the pineal gland, pituitary gland, thyroid and parathyroid glands, thymus, adrenals, pancreas and islets of Langerhans, testes (male), and ovaries (female).

The Pineal Gland

The pineal gland is a tiny cone-shaped gland buried between the lobes of the brain. Its precise function is not well understood, but it is known to control or regulate the pituitary and adrenal glands. In ancient esoteric and spiritual systems, the pineal gland played a particularly important role: the seat of spiritual experience. In the Hindu understanding, the pineal gland represents the "third eye."



Not enough is known about the pineal gland, however, to be specific about what it does when functioning properly and what it does not do when functioning improperly.

The Pituitary Gland

The pituitary gland is situated behind the bridge of your nose and beneath the floor of the brain. This tiny gland (the size of a pea) is the master gland controlling the rest of the endocrine system. Among its many functions is the control of those systems in the body that determine such things as height and rate of body development. An underactive pituitary produces dwarfism and retarded mental and sexual development in children. An overactive pituitary produces gigantism. In women dysfunction of the pituitary disrupts the menstrual cycle. That's how the Pill works. It confuses the pituitary, fooling it into sending the wrong signals. The steroids that athletes take to produce extra muscle affect the pituitary. They decrease the flow of the hormone that triggers male testosterone. This in turn reduces the amount of sperm produced and also shrinks the testicles. The pituitary is particularly sensitive to sugar. Too much sugar disturbs the delicate balance of the pituitary, which in turn sends improper signals to all the other glands under its control. The result is a general rather than a specific malaise, affecting your energy level, sense of well-being, physical appearance, and overall identity.

The Thyroid and Parathyroid Glands

The thyroid gland, a butterfly-shaped organ in your throat, stores iodine and regulates weight, energy, and endurance. The four parathyroids (which are part of the thyroid) control the calcium and phosphorus metabolism of the body. If the thyroid secretes too much of the hormone thyroxine, the body's organs work at an accelerated pace, and this results in a condition called *hyperthyroidism*. If too little thyroxine is secreted, often due to a lack of iodine in the diet, *hypothyroidism* (weight gain and loss of energy) is a result. White refined sugar has an adverse effect on the thyroid gland. In fact, it's my opinion that too much sugar is one of the causes of osteoporosis today, since one of the important functions of the parathyroid, and also of the adrenal glands, is to break down and assimilate

calcium. You can take large amounts of calcium and you won't get much benefit from it without reducing your intake of sugar.

If your thyroid gland is sluggish, you may experience physical and mental sluggishness, problems losing weight, decreased body temperature, puffiness in the hands and face, and (rarely) goiter, an enlarged thyroid gland. When your thyroid is overactive, you may experience extreme nervousness, weight loss and/or difficulty gaining weight, rapid pulse, bulging eyes—and eventually heart failure as the body's systems overwork trying to handle all the accelerated organic functions.

Both hyperactivity and underactivity of the thyroid often stem from a deficiency of iodine and zinc. In my experience, emotional stress can have a powerful adverse effect on the thyroid. But both conditions respond to biochemical reprogramming. On my diet program you would concentrate on those foods rich in iodine and zinc, especially in the mineral-rich products of the sea—dulse, kelp, even canned sardines. Six to ten shelled pumpkin seeds daily provide enough zinc to maintain normal thyroid function.

An underactive parathyroid gland does not process calcium and phosphorus efficiently, and mineral deposits build up in the arteries, setting you up for a heart attack or stroke. The solution is not increasing intake of calcium (either as dairy products or calcium supplements), since the gland will not process it. The causes of the dysfunctioning parathyroid are complex: lack of exercise, lack of sunshine (vitamin D), generally bad digestion, and emotional tension. All of these problems must be addressed to get the parathyroid working properly, plus a dietary emphasis on mineral-rich sea-derived foods. There is no quick fix.

The overactive parathyroid burns calcium up before it can be absorbed and even takes it away from the bones. This is osteoporosis, (brittle bones, bone deformities, bone cavities, and spontaneous fractures may occur). The overactive parathyroid responds to the same kind of treatment as the underactive parathyroid.

The Thymus Gland

The thymus is a cylindrical-shaped gland at the upper part of the breastbone, or sternum. The thymus masterminds the immune system. Under its control are the spleen, lymph nodes, bone marrow,

tonsils, adenoids, appendix, and portions of the intestine. Until recently the thymus was regarded as an evolutionary leftover—useless, unproductive, and possibly even a source of trouble. Times change, however, and the thymus gland is now a hot item in medical research, the possible key to many health problems ranging from allergies and arthritis to cancer and aging. The thymus instructs certain white blood cells, called T-cells, what to attack and when. These T-cells in turn control other white blood cells that make antibodies. When the thymus gland no longer works efficiently, bacteria, viruses, and cancer cells are not attacked but are left free to attack the body themselves.

“The Thymus Thumper”

The thymus is the mastermind of the immune system, which today is under attack on all fronts. The Thymus thumper should be integrated into your exercise routine, right after skin brushing in the morning and whenever you can fit it in later in the day.

Make a fist. With the flat of your fist, give yourself a firm double thump on the top of the chest, about an inch below the hollow of the throat. Don't hit so hard that it hurts. Repeat 30 times to the rhythm of a heartbeat.

The Adrenal Glands

Two little cap-shaped glands on top of each kidney are the crucial adrenals. They secrete a substance called *adrenaline*, which determines your level of energy and endurance. The adrenals also regulate blood pressure; salt, protein, carbohydrate, mineral, and pigment metabolism; and, with the parathyroids, calcium metabolism. The adrenal glands are extremely sensitive to sugar. Foods such as chocolate, cola, and coffee have an adverse effect on these sensitive glands. Why? The caffeine and theobromine overstimulate and gradually weaken the adrenals, ending in malfunction. The adrenals manufacture cortisone, which regulates calcium metabolism—the way you assimilate and absorb calcium.

The painful joints of arthritics are often the result of massive deposits of calcium. Recognizing the role of cortisone in calcium assimilation, the medical profession often prescribes an animal-

derived course of cortisone. Though this relieves the pain temporarily, the long-term effects are often catastrophic. The secret is not to have calcium build up in the first place, but if it occurs, to treat it nutritionally, gradually decreasing dependency on painkillers and palliatives.

What happens when your adrenals are underactive or overactive? Underactive adrenal glands tend to produce low blood pressure, particularly in women. They also are now generally acknowledged as a prime factor in skin, respiratory (asthma), and digestive allergies. If not too far deteriorated, the adrenals respond swiftly to proper nutrition. Overactive adrenals tend to produce high blood pressure, more so in men. Doctors often prescribe a diuretic, but this overworks the delicate kidneys, eventually ending up in dysfunction. Moreover, the patient becomes totally dependent upon the drug, which as in so many instances addresses only the symptom, not the cause. Proper nutrition brings the adrenals swiftly back into line.

The Pancreas and Islets of Langerhans

The pancreas is about six inches long, weighs about three ounces, and is located in front of the spine, below the stomach. The pancreas produces enzymes that digest food and convert it into assimilable nutrients. The islets of Langerhans (which are part of the pancreas) produce insulin, which controls the balance of sugar in the body.

What happens when the pancreas and islets of Langerhans work improperly? When the pancreas cannot do its job, food is not properly digested and, in effect, you suffer from malnutrition no matter how much food you're eating. Like most of the other glands, the pancreas is extremely sensitive to sugars and overrich and overrefined foods of all sorts. A diseased pancreas and sluggish liver amount to a kind of malnutrition of the overprivileged. Given half a chance and depending upon age, the pancreas responds swiftly to good treatment.

If the pancreas produces too much insulin, the result is low blood sugar, or hypoglycemia. The insulin is burning the glucose out of the blood, not leaving enough in the blood for metabolic purposes. How would you know? You may experience dizziness, nausea, anxiety, a feeling of faintness, and in extreme cases, con-

vulsions and coma. Since glucose is the primary food for the brain, as well as for all the other cells in the body, the nervous systems are particularly vulnerable once hypoglycemia sets in.

If the pancreas secretes too little insulin, the body cannot process carbohydrates into a usable form, resulting in diabetes. Symptoms are insatiable thirst, fatigue, weakness, and emaciation. If diabetic patients have not been taking large insulin doses over a long period of time, they will respond to nutrition therapy; otherwise, the damage is largely irreversible.

The Ovaries and the Testes

The ovaries and the testes are the reproductive glands. The ovaries produce the seed (ovum) in women; the testes produce the sperm cells in men. The male hormone *testosterone* is responsible for the male sex drive, and the continued efficient production of testosterone is effectively the male fountain of youth. In women, the reproductive glands not only control the physical reproductive system but are also intimately connected to emotional and psychological states. As with all other glands, the ovaries and testes are highly sensitive and react adversely to improper diet: In men the sperm count can drop dramatically, and in both sexes the sex drive is seriously slowed down.

A diet rich in vitamin E, best attained from whole grains, especially millet and brown rice, and also avocados, often gradually regenerates the reproductive system.

The Lymphatic System

The lymphatic system is sometimes called the sewage system of the body. Its principal role is the removal of waste in the form of undigested protein and dead tissue. The lymphatic system consists of a complex network of vessels that follow the vascular system, rather in the way that sewers and drainage ditches run along streets and highways. Through these vessels flows the lymph, a colorless, odorless liquid similar in composition to seawater. The lymphatic system is also a major food transporter, receiving nutrients from the blood and carrying them to areas the blood does not reach directly. The lymphatic system is home to the white blood cells and, there-

fore, instrumental in all bodily functions related to immunity and defense against disease or infection.

What happens when the lymphatic system doesn't drain properly? When the body is overloaded with waste, the system reacts like an overflowing sewer. The waste material cannot pass through the lymph nodes, which may be thought of as the connections or joints of the lymphatic system. The nodes become overloaded with toxins and form soft painful swellings, usually at the armpits, ankles, groin, and throat. Skin brushing along with diet is a very effective way of regenerating an ailing lymphatic system. Brushing breaks the viscous material into more fluid form, allowing the lymphatic system to process it as it should. This is one of the chief ways in which brushing defeats cellulite.

Directly or indirectly, brushing connects all the body's systems. Since each organ and the glandular system have anywhere from six to eight acupuncture points scattered over your body, you are certain to activate them when brushing even if you should accidentally miss a meridian or nerve connection. Many of my patients remark that brushing feels almost like having a chiropractic adjustment. This is no surprise, given all those connections. By stimulating all the body's systems and helping them work together, brushing leads directly to better health and helps prepare the way to the next important prong in my program: exercise.