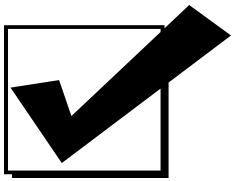




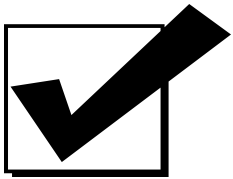
The AT HOME Metabolic Circuit

- Decrease Cellulite and Water Retention
- Maximize Lymphatic Health & Circulation
- Boost Energy & Blood Flow
- Decrease Toxicity & Swelling

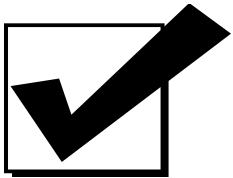
UPON WAKING:



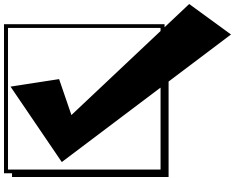
Herbal Tea
Metabolic Boosters



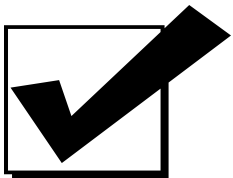
MOVEMENT/EXERCISE/DANCE
20+ minutes



Dry Skin Brushing



Contrast Shower
At end of shower, cover from head to toe in cold for 20 seconds, then hot 30 seconds, end on 20 seconds cold- repeat if desired)



**Proper Bowel
Movement Ergonomics**





DRY SKIN BRUSHING



It is well known that the skin is the largest organ in the body. It 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 kidney 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 the body soaps, skin creams, antiperspirants, as well as any synthetic fibers worn next to the skin with any of them contributing to a variety of skin problems and conditions.

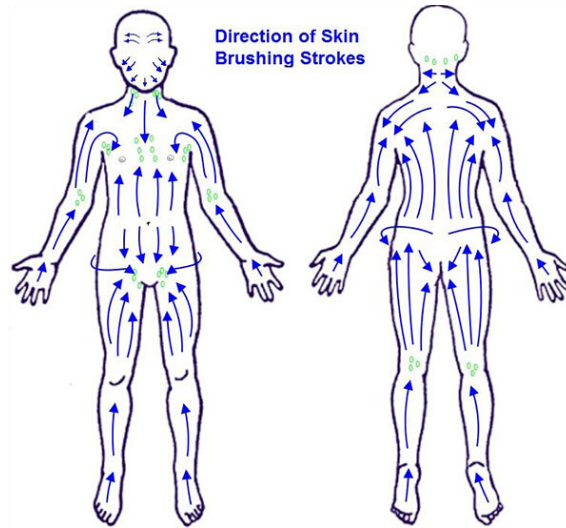
When you do skin brushing, you help your lymph system to clean itself of the toxins that collect in the lymph glands. You use a simple technique to improve the surface circulation on the skin and keep the pores of the skin open. This encourages your body's discharge of metabolic waste, resulting in an improved ability to combat bacteria as well as helping your skin to appear and feel healthier and more resilient.

Benefits:

- Tightens skin
- Helps digestion
- Removes cellulite
- Stimulates circulation
- Increases cell renewal
- Cleanses 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!



DRY SKIN BRUSHING



How to:

1. Buy a natural (not synthetic) bristle brush as 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 areas of your body that are not easily reached when doing your own skin brushing.
3. Skin brush before showering or bathing at least once per day - twice if possible.
4. Do not wet your skin - 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 nipple.
6. Brush each part of your body several times vigorously, completely brushing your whole body.
7. Brush the soles of your feet first because that area has nerve endings that will affect your whole body. Next, brush your ankles, calves and thighs. Then, brush across your stomach and your buttocks. Lastly brush your hands and your arms.
8. Always skin brush towards the heart.
9. Take a warm bath or shower, followed by a cool rinse at the end to invigorate blood circulation and stimulate surface warmth.
10. Wash your brush every few weeks in water and allow to dry