

Lydia's  Organics

Eat Better ♥ Feel Better

LYDIA'S GUIDE
TO
HEALTH
AND
WELL-BEING

Lovin' Foods for the Body, Mind & Soul

Revised, February, 3rd, 2015


Lydia's Mini-Market


Lydia's Catering

1372 N.McDowell Blvd, Petaluma, CA
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LYDIA'S GUIDE TO HEALTH AND WELL-BEING

Objectives-

To alkalize the body and regulate our PH balance: Studies indicate that when a body is acidic, it lacks oxygen and promotes a myriad of diseases and ailments (such as cancer).

To flush the system through hydration: Plenty of water is crucial to carry unwanted toxins and sludge out of the body.

Increase fiber to sweep the intestines and colon of sludge buildup.

Decrease or eradicate foods that are acidic, disease promoting, and clogging.

-The Standard Western Diet mostly includes acid-forming foods. Acid-forming foods are usually packaged, pasteurized, boiled, chemically preserved, and altered in some form from its natural state. This includes fried foods and oil which has been heated (including roasted nuts). Acid-forming foods are known for their cell-destructive nature and difficulty in digestion. The standard high-fat, high-sodium diet causes a build-up of plaque inside the arteries while also constricting them; making it difficult for our heart to pump and blood to flow freely. This diet promotes heavy metals, radioactive elements, harmful chemicals, and urea accumulation in the cells and prevents the body from flushing itself out. It is widely considered that this is the biggest contributing factor to practically every wide-spread illness (including heart disease and cancer) facing America and Western civilization as a whole. Adult obesity in the United States is approaching a third of our population. A tenth of our population (and climbing) is diabetic. 25% of all US deaths are from heart disease. All of these maladies can be potentially reversed by following a plant-based diet and engaging in healthy lifestyle choices. This is why Kaiser Permanente, (the largest HMO provider in the United States) has urged ALL of its physicians to recommend a plant based diet to ALL of their patients. In today's world of rampant pollution, atmospheric ozone depletion, automobile exhaust, chemically laden foods, acid-forming & nutritionally devoid eating habits, plastic/food contact, pesticides, synthetic fertilizers, GMO products and the like, it is more crucial than ever to keep the body's defenses up to combat those things which are slowly killing us. We do this by making healthy daily choices and by purging the body of toxins through cleanses. Food becomes medicine if we will but choose to eat wisely.

-GMO: GM plants produce toxic pesticides that permeates the plant's tissues. This toxic "bug killer" has been found surging in the blood of pregnant women and their unborn fetuses. Animal studies (which we don't condone) have shown organ damage, gastrointestinal and immune system disorders, accelerated aging, and infertility. Inter-specie genes in GM plants can transfer to bacteria living inside of you and possibly start producing insecticides inside your GI tract. GM plants also produce their own preservatives, so even "fresh" veggies are unnaturally so. You may still suffer the inherent risks that preservatives pose. The highest concentration of GM plants in your grocery store (and the ones to watch out for) are: Soy, Cottonseed, Corn, Canola, Papaya, Alfalfa, Sugar Beets and Rapeseed. Soy, corn, and alfalfa are the top ingredients in animal feed. The insecticides produced by GM plants become concentrated in the tissues of slaughter animals and in the milk of dairy animals over the course of their short, inhumanely "lived" lives. Everything at Lydia's is GMO-free.

-Pesticides: Countless studies link pesticides with cancer, Alzheimer's disease, birth defects, and more. Not to mention the environmental impact of the local wildlife and the contamination of our precious water supply. We only buy organic ingredients and only support organic farmers.

-Synthetic Fertilizers: The nutritional value of crops grown using synthetic fertilizer has been shown to be significantly lower than organically grown produce. The unnaturally high levels of nitrate, phosphorus and potassium in synthetic fertilizers (enough to burn the skin and cause respiratory damage) causes the crop to grow fast; but doesn't provide the trace elements that are required for healthy growth. It only makes for "obese" plants which appear big; but lack in health and vitality. Helpful bacteria and insects that are essential in a healthy eco-system perish in the overly rich environment. Modern farms have become nutrient devoid wastelands. Synthetic fertilizer runoff creates dead zones like the Connecticut size one in the Gulf of Mexico. The Earth is a living entity and synthetic fertilizers are poisoning it. We only support farmers who use natural fertilizers and sustainable methods.

-Meat studies have shown that it can putrefy in the bowels before it exits, lacks in fiber, is high in fat, is too high in protein to process effectively, and has a huge environmental impact. It is a well-known statistic that it takes a staggering $\frac{3}{4}$ of a gallon of oil to produce 1lb of beef (including transportation, processing, fertilizers to grow the feed, etc.). A United Nations report has shown that the world's livestock produces more greenhouse gases that cause global warming than cars, planes and all other forms of transport put together. Livestock also produces over two-thirds of the world's emissions of ammonia - one of the main causes of acid rain. Meat has also been shown to carry and concentrate more pesticides, herbicides, and antibiotics than plants. Over 70% of the nation's hamburger patties have been injected and/or gassed with ammonia to keep E.coli from growing. Let's not forget how animals are raised

and slaughtered in an inhumane way. It is a well-known fact with numerous studies that a vegetarian diet promotes a longer life-span with a higher level of endurance. All of Lydia's products are 100% vegan.

-Gluten is a plant protein that is found in products containing any variety of barley, rye and/or wheat (including spelt, khorasan (kamut) and triticale). The New England Journal of Medicine found at least 55 diseases which can be caused by ingesting gluten; some of which can become fatal. Heart disease, cancer, osteoporosis, lupus, MS, schizophrenia, dementia, epilepsy, anemia, and inflammatory bowel disease, are just a sampling of the myriad of illnesses that can result from ingesting gluten. All of Lydia's products are gluten-free.

-Dairy is made from the milk that is chemically and hormonally matched to that species' baby. Not to us. A bovine calf grows extremely fast and is a very large animal in comparison to us. Cows are kept constantly pregnant via artificial insemination (for lifelong milk production) and their calves are instantly taken from their mothers upon birth. The baby calves are then fed the blood of slaughtered cattle in order to save the milk for human consumption. They never know the touch of their mothers. Apart from the horrific treatment of cattle, dairy is way too rich for us to process. The FDA also approves a certain amount of pus & blood to drip into the milk due to overworked and diseased utters. Bon Appétit. Add this to the fact that animal milks have a high concentration of pesticides, heavy metals, herbicides, and other toxins from the "food" that they eat. Industrial cattle feed is an un-natural blend of "poultry litter" (chicken excrement, feathers, antibiotics, etc.), grains (which causes liver problems, acidosis, immune system deficiency (amongst other problems) and thus require the use of routine antibiotics) and ground up bone, eviscera, and blood from slaughtered cattle and other animals. Many farmers are now also pumping their dairy cows full of sugar in the form of actual candy (e.g. ice cream sprinkles, hot chocolate powder, candy corn, etc.) as it increases milk production up to 3lbs of milk per cow, per day and is cheaper than corn. Many dairies use the growth hormone rBGH to increase yields. This hormone has been linked to increased risk of cancers in humans. Finally, even organic milks in which the animals are free of antibiotics has a dark side to it. These animals suffer undue pain and infection because they are denied care and antibiotics to help heal their overworked, bloodied udders. So is antibiotic-free milk really better? Not for the animal. If you must drink milk, use it as sparingly as possible and go with goat. It has been shown to be easier to digest. If you're concerned about getting enough calcium in your diet, then try eating kale. Ounce-for-ounce, kale has over 70% of the bio-available calcium as 2% milk. We don't use any dairy products in our food period.

- Hydration: Studies show that most people are dehydrated. Most elders end up in the emergency room suffering from dehydration. Our bodies are a system of rivers. Our hearts dwell in cavernous lakes. The heart beating at its best performance must

be free of obstruction. A sludge-filled river is harder to pump. Be wary of plastic water bottles as they leech BPA (a harmful chemical) which has been indicated to alter hormone levels, trigger cancer, create heart problems, and cause brain and behavioral problems (amongst other diseases). Let's also not forget about the environmental impact. Our use of plastic is the death of the earth and all of its inhabitants. The amount of plastic generated is astronomical and accumulating without end. Recycling plastic is highly toxic to the air and water. Most of it is either just burnt or dumped into the ocean. Get a nice glass bottle and keep refilling it! Drink between meals often. Drinking with your meals will dilute your digestive juices.

-Lemon assists in dissolving excess mucous and has anti-bacterial properties. Excess mucous from dairy, grains and nuts affects the lymph which is a very important fluid that brings nutrients to each cell and takes away the waste. When the lymph is clogged it cannot work properly as it is too thick and goeey. Non-flowing lymph coupled with eating a combination of yeast containing foods such as bread or beer and combining that with sugar creates a great environment for bacterial growth and the potentiality for a Candida infection which many people suffer from. Some symptoms include a coated tongue, a cheese-like body odor, glue-like stool, bloating, constipation, and fatigue.

-Fresh Juices: "Big Batch" bottled juices are pasteurized in plastic bottles (which accelerates the release of toxic BPA), and even "100% pure & natural / not from concentrate" varieties are stored for up to a year in giant oxygen-free vats before going on the grocer's shelves. That's how you can have deceptively "fresh" juice when it's not even in season. The nutritional value of juice rapidly declines after only 5 days and the "big batch" stuff is a year old! Juice manufacturers are also not required by The FDA to disclose the addition of the flavoring chemicals that are added to old, stale, lifeless, flavorless and nutritionally devoid juice. These "flavor packs" are made by the same fragrance companies that formulate "CK One" and other perfumes. Without these flavoring chemicals, no one would drink their quasi-rotted juice. On the other hand, mixtures of fresh vegetable juices with cucumbers, greens and herbs (such as parsley, cilantro & basil) are considered to be very medicinal and packed with living enzymes. All of Lydia's raw Juices are hand-pressed in small batches daily and expertly blended with the ultimate in complimentary nutrition and detoxification in mind.

-Watermelon: One of Lydia's personal top picks. Watermelon will flush and hydrate you and is packed full of vitamins, enzymes and minerals. It is also the world's greatest source of lycopene – a powerful antioxidant. Watermelon is considered a nutrient dense food. Ask for pure, organic, freshly-squeezed, seasonal watermelon juice at Lydia's Mini-Market.

-Ginger tea (hot or cold) is something you can sip all day. It will decrease one's appetite. It acts as a tonic and is refreshing.

-Drinking salt water with a good quality salt is considered to be very purifying; just add a little salt where you can taste it like a tear drop.

-Lydia's Oregano-Clay Drink: A wonderful tea of infused oregano (which has been touted to be a powerful antioxidant and anti-bacterial) and pure suspended clay (which has been used since ancient times) to alkalize the blood, absorb toxins and heavy metals, remove excess chemicals, and to aid in the oxygenation of the body's cells. Available at Lydia's Mini-Market.

-Morning: The first thing you put in your mouth sets the tone and pattern for the day. If you start with sugar you will crave more sugar. Start with plain water to neutralize your system and flush out toxins that have been settling in your body during the night.

-Plants & Protein: Besides providing a myriad of phytonutrients, trace minerals, fiber and other building blocks necessary for a healthy mind and body, plants provide an amazing amount of protein that negates the need to eat meat (and its acidifying effects on the body).

The following table, lists some common plant-foods and the amount provided of complete, bioavailable protein (NPU), (protein which contains sufficient levels of all 9 essential amino acids) per cup:

| | | | | |
|----------------------|--------|--|------------------|--------|
| Green Peas | 5.25g | | Quinoa | 6.13g |
| Pumpkin Seeds (raw) | 20.34g | | Black Beans | 6.38g |
| Chickpeas (garbanzo) | 7.69g | | Cashews (raw) | 23.66g |
| Cauliflower | 1.32g | | Pistachios (raw) | 14.67g |
| Turnip Greens | 0.72g | | Black-Eyed Peas | 2.29g |
| Chia Seeds | 20.03g | | Buckwheat Flour | 9.82g |

Of course, the above table only shows *some* of the complete sources of protein available from plants. All sources of incomplete protein (sources which have low levels of 1 or more essential amino acids) can be combined with other complimentary foods to make a complete protein meal.

-Food Combining: Everything is chemistry. Whole foods by themselves are fine; but it is generally accepted that if you mix them with the wrong things, then you can cause damage and hardship to your body. Apples are known to be pretty neutral. Eat melons alone. Do not mix fruit and starches together.

The following table lists some excellent complete protein food combinations. These gluten-free combinations are extremely complimentary, having near perfect levels of useable amino-acids for human cell generation and repair:

| | | |
|-------------------------------|-------------------|----------------------------|
| Pine Nuts | ← combined with → | Green Peas |
| Spirulina | ← combined with → | Amaranth |
| Sunflower Flour | ← combined with → | Navy Beans |
| Basmati Rice | ← combined with → | Asparagus |
| Pine Nuts | ← combined with → | Snap Beans |
| Pine Nuts | ← combined with → | Cauliflower |
| Walnuts | ← combined with → | Mushrooms |
| Hijiki Seaweed | ← combined with → | Amaranth |
| Basmati Rice (long-grain)* | ← combined with → | Amaranth |
| Sunflower Flour | ← combined with → | Amaranth |
| Pine Nuts | ← combined with → | Swiss Chard (raw) |
| Sunflower Flour | ← combined with → | Green Peas (dried) |
| Sunflower Seeds (hulled) | ← combined with → | Amaranth |
| Sesame Seed (meal) | ← combined with → | Amaranth |
| Spinach (raw) | ← combined with → | Pine Nuts |
| Buckwheat Flour (dark) | ← combined with → | Basmati Rice (long-grain)* |
| Walnuts (Persian) | ← combined with → | Amaranth |
| Pine Nuts | ← combined with → | Amaranth |
| Brown Rice (raw, short-grain) | ← combined with → | Amaranth |
| Sunflower Seeds (hulled) | ← combined with → | Pine Nuts |
| Watermelon Seeds | ← combined with → | Amaranth |
| Filberts (shelled) | ← combined with → | Amaranth |
| Pine Nuts | ← combined with → | Broccoli (cooked) |

*parboiled

All of Lydia's culinary creations have been thoughtfully combined to promote the most balanced & delicious nutrition for your body, mind and soul.

-Seaweed: A great source of minerals and trace elements to help keep your body balanced. It is known to be a great tonic for adrenal fatigue and has been shown to help facilitate the removal of radiation from one's body. Organic nori seaweed is available at Lydia's Mini-Market.

-Algae & Protein: Ounce-for-ounce, dried & pulverized chlorella, (apart from being the most concentrated form of chlorophyll on the planet), provides over 78% of the bioavailability of the 9 essential amino acids (the building blocks of protein that the body can't manufacture) as in dried, 95% lean, ground & browned beef. Spirulina is the world's richest source of naturally occurring complete protein (58% total protein by dried weight vs 47% found in 95% lean, ground & browned dried beef). Ounce-for-ounce, dried spirulina provides 1.3 X the bioavailable 9 essential amino acids vs dried,

95% lean, ground & browned beef. Most algae (such as chlorella and spirulina) are excellent at binding to heavy metals in the body to assist in detoxification. They will also bind to heavy metals present in their growing environment, so choose clean, high-quality algae from a reputable processor...Or grow your own! Lydia uses spirulina and chlorella in many of her products.

-Water Usage in Growing Spirulina vs Beef: Fresh drinking water is becoming scarce as the world's human population increases. The environmental impact of industrial beef production cannot be ignored. Raising cattle for its protein contribution to the American diet is inefficient at best. It is a well-known, conservative estimate that it takes around 988X more water to produce 1lb of raw beef (1,799 gal.) vs 1lb of raw Spirulina paste (1.82 gal). This means that it would take over 12,7852 gallons of water to raise enough beef to provide 1lb of complete, bioavailable (NPU) beef protein. To grow enough spirulina to produce 1lb of complete, bioavailable (NPU) spirulina protein, it would only take less than 55 gallons of water. It takes 2,361X more water to raise, feed, and process cattle to get the same bioavailable protein as in spirulina.

-Gallons of Water to Produce the Following Products:

| | | | | | |
|--------------------|-------|----------------|-----|----------------|-------|
| Beef (1lb) | 1,799 | Milk (1gal) | 880 | Eggs (1lb) | 576 |
| Wine (1gal) | 1,008 | Beer (1gal) | 689 | Coffee (1gal) | 880 |
| Leather (1lb) | 2,192 | Cheese (1lb) | 600 | Cotton (1lb) | 1,400 |
| Paper (500 sheets) | 1,321 | Hamburger (1) | 660 | Hemp (1lb) | 700 |
| Corn (1lb) | 108 | Soybeans (1lb) | 216 | Oranges (1lb) | 46 |
| Tea (1gal) | 128 | Apples (1lb) | 54 | Potatoes (1lb) | 119 |

-Lydia's Green Power: A balanced, nutritious, and cleansing mixture of powerful green foods and herbs. Mix one teaspoon into water or juice. Contains 100% organic ingredients: alfalfa, wheatgrass, barley, chlorella, spirulina, nettle, rosehips, licorice, fennel, dandelion, kelp, beet, ginger, burdock, stevia, peppermint powder & ♥. Available at Lydia's Mini-Market.

-Lydia's Peppermint Oil: A few drops of Lydia's Pure Essential Peppermint Oil in your water or tea has been shown to be anti-fungal, good for digestion, and a great tonic overall. Rub a few drops topically across your abdomen to assist with regular digestive flow. Dabbing a small amount on your neck under each ear helps to stimulate blood flow around the parotid lymph nodes. A little on your temples will help to promote feelings of well-being and a dab at the nape of your neck will stimulate blood-flow around this major lymph drainage area. Available at Lydia's Mini-Market.

-Lydia's Morning Intestinal Broom (*Psyllium, slippery elm, bentonite clay, ginger*): Use 1 heaping teaspoon in a glass of water or juice in the morning. Drink right away due

to it turning into a gelatinous substance. Drink an additional glass of water due to this powder absorbing a lot of moisture. Available at Lydia's Mini-Market.

-Lydia's Evening Intestinal Mover (*Cascara sagrada, dandelion root, fennel, ginger, peppermint, chamomile*): Take 1-2 capsules at night. See how you do with the quantity. You may need to adjust based on your individual physiology. Available at Lydia's Mini-Market.

-Exercise stimulates blood flow. Your lymph nodes (which are essential in the detoxifying process) are activated by movement. Sweating releases toxins through your pores and makes you feel good in general.

-Massage: Besides relaxing your being, reducing stress, and promoting calming feelings of wellness, massaging helps move blood through the extremities and other areas of low blood flow. Massaging the lymph nodes helps to purge accumulated toxins.

-Skin Brushing is a well-known technique to open the pores, stimulate lymph and blood flow, release toxins, and make your skin clearer and healthier. Use it dry (before you bathe); starting with your extremities and brushing towards your heart. It is very good around the breasts and armpits and for men, around the groin. From my years of studies, I believe that cellulite is an accumulation of clogged lymph that builds up under the surface of the skin. Skin brushings has been shown to help re-distribute these hardened globules of fat back into the body where they are re-assimilated and potentially removed as waste. More on skin brushing at the end of this booklet. Skin brushes can be purchased at Lydia's Mini-Market.

-Fiber: Increase your fiber intake through vegetables (celery is excellent) and fruit (such as cherries and plums). BEWARE OF EXCESS SUGAR! This means no dates or dried fruit. Eat bananas sparingly. Apples are a great source of fiber and makes you feel full and satisfied. Pectin (which is found in apples) has been shown to sweep out the entire length of the digestive tract of waste and fats. Studies also indicate that it chelates heavy metals (even radioactive ones) to help facilitate removal. An apple a day... Most people have accumulated fecal matter stored in the folds and pockets of the intestinal walls and colon due to a lack of fiber (which explains the huge market for laxatives).

-Chlorophyll: Eat dark leafy greens! Nature's gift for health & well being! It is known to raise one's blood count. It is very easily absorbed and is almost identical in molecular structure to our blood. Chlorophyll is akin to "liquid sunshine"! It is a great source of calcium and is known to help neutralize toxins, harmful chemicals & radiation. It is known for regulating menstruation, regulating bowel movements, reducing body odor, healing sores and improving lactation. With its indicated anti-bacterial properties, it can also help reduce bad breath and ulcers. Chlorophyll has been used to purify

the liver and improve blood sugar problems. It oxygenates the earth and our bodies directly, and through the removal of oxygen-depleting toxins. Some amazing sources of chlorophyll are Lydia's Kale Salad, Lydia's Wheatgrass Shots (which are packed with a full spectrum of vitamins, enzymes and minerals), Lydia's Chlorophyll Boost Drink, Lydia's Green Power, and Lydia's Green Power Balls. All of these products are available at Lydia's Mini-Market.

-Raw foods are full of life force, nutrients & enzymes. Cooked foods are known to spoil faster in the bowels than raw foods and putrefy – releasing dangerous levels of toxins into the bloodstream. If you will be eating cooked foods, don't over-cook them. Use a little water and then add an organic, cold-pressed oil for flavor at the end – after the heat has been turned off. Lydia Kindheart is one of the greatest purveyors of organic raw foods in the country.

-In general, eat more fresh whole foods. More leafy greens. Drink more water. Use very little or no refined anything. No meat. Little or no dairy and if so, only goat. Eat slowly and only until you are 80% full at the most. If you are hungry later, eat a fruit, some celery, or a carrot stick, or drink some herbal tea. Chew your food well. Sit down and take your time to eat. Be kind to yourself. Exercise.

Our foods are known to be very helpful for ridding the body of harmful toxins. The raw Alkalizing Green Soup and the raw Kale-seaweed Salad are considered to be especially cleansing by those who enjoy them. Our raw, dehydrated Crackers are good fillers and have a lot of fiber. They are dry, so make sure that you drink plenty of water. Eat Better! Feel Better!

Wishing you well all-ways,

Lydia Kindheart



Take the Power Cleanse Challenge!

Loving Foods for the Body, Mind & Soul

Lydia recommends that participants of her juice cleanse sign-up for a minimum of three days in order to get the maximum benefit of the basic level cleansing process. Participants in Lydia's Juice Cleanses will receive one quart of sweet juice and one quart of savory juice per day. It is recommended to drink the sweet fruit juice throughout the morning and the savory vegetable juice throughout the evening. Listen to your body, however and drink either one as needed.

Lydia's Sweet Juice Blends usually contain one or more of the following organic, in-season ingredients:

Apples, Celery, Lemon, Romaine, Mint, Carrots, Beets, Ginger, Parsley, Cilantro, Kale, Strawberry, and Watermelon

Lydia's Savory Juice Blends usually contain one or more of the following organic, in-season ingredients:

Carrots, Celery, Beets, Romaine, Parsley, Ginger, Cucumber, Spinach, Local Greens, Lemon, Kale, Cilantro, and Mint

For more information on how you can participate in our Monthly Juice Cleanse, please call, email, or visit us at:

Lydia's Mini-Market

(707) 765-9200 | info@lydiasorganics.com

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Dry Brushing: Benefits and Techniques

Interesting Facts:

- The skin is the largest and most important eliminative organ in the body and is responsible for one quarter of the body's detoxification each day.
- The skin eliminates over one pound of waste products each day for the average adult, most of it through the sweat glands.
- The skin receives one third of all the blood circulated through the body.
- The skin is the last organ to receive nutrients in the body, yet the first to show signs of imbalance or deficiency.

Detoxification is performed by a number of organs, glands and transportation systems including the skin, liver, kidneys, intestines, lungs, lymphatic system and mucous membranes. Dry brushing stimulates the organs of detoxification to function more efficiently. This simple practice has a myriad of benefits for the body:

1) **Dry brushing cleans the lymphatic system.** Lymph is part of our immune system and is made of white blood cells called lymphocytes and the interstitial fluid that bathe our cells, bringing them nutrients and removing their waste. All detoxification occurs first and foremost through the lymph. Our bodies contain far more lymph than blood, so you can see how important this is.

2) **Dry brushing removes dead skin layers.** Dry skin brushing helps shed dead skin cells, which can help improve skin texture and cellular renewal. Dry skin can be a sign of detoxification; therefore it's good to keep the process going by removing the dead skin daily. If this does not occur regularly, a buildup of dead skin cells can lead to eczema, psoriasis and dandruff, in addition to blocking the skin's regular sweat excretions.

3) **Dry brushing strengthens the immune system.** Dry skin brushing may reduce the duration of infection, and accelerate the clearing of toxins. It helps support the immune system during treatments for cancer and other chronic illnesses (but always check with your health care provider). By stimulating the lymph vessels to drain toxic mucoid matter into the organs of detoxification, we can purify the entire system. After several days of dry brushing, sometimes you may notice a gelatinous mucoid material in your stools. This is a normal sign that the intestinal tract is renewing itself.

4) **Dry brushing stimulates the hormone and oil glands**, thus helping all of the body systems perform at peak efficiency. The skin is your body's largest organ. When improperly maintained, the elimination duties of the skin are forced upon the kidneys. So, give your kidneys a break—keep your skin clean and rejuvenated. Bathe daily and dry brush beforehand to help stimulate blood flow to the surface so toxins can more readily escape.

5) **Dry brushing tones the muscles**. Dry skin brushing helps muscle tone by stimulating the nerve endings which causes the individual muscle fibers to activate and move. It also helps mobilize fat and helps to even distribution of fat deposits. This is a great technique for those with limited mobility.

6) **Dry brushing stimulates circulation**. Our skin breathes! However for most people this vital route of detoxification is operating far below its capacity because it is clogged with dead skin cells and the un-removed waste excreted through perspiration. Dry skin brushing increases circulation to skin, encouraging your body's discharge of metabolic wastes. Increased blood flow begins entering the areas brushed and you will experience an increase in electromagnetic energy that helps you to feel energized and invigorated. By activating the circulation you also help prevent varicose veins.

7) **Dry brushing increases skin functions**. Dry brushing helps your skin respire by eliminating clogged pores. Healthy, breathing skin contributes to overall body health. When you brush, the pores of your skin open - allowing you to absorb nutrients and eliminate toxins. Clogged pores are not just a cosmetic concern. Healthy, breathing skin contributes to overall body health.

8) **Dry brushing helps reduce cellulite**. Improving cellulite is one of the main reasons people look into dry brushing. Toxins are often trapped in the subcutaneous layer of fat cells just beneath the skin which contributes to cellulite (in addition to other health concerns). Cellulite is unattractive but also very difficult to affect. Dry brushing is a cheap and non-invasive way to improve the appearance of your skin in addition to the many health benefits it provides.

How to Dry Brush:

Always dry brush your dry body before you shower or bathe because you will want to wash off the impurities from the skin as a result of the brushing action. The brush should be dry and your skin should be dry.

Ideally you want to brush from toes to neck because most of the lymph in your body drains to a central area near your collar bone.

The entire body should be brushed, including your back, but skip the face and scalp. Use long sweeping strokes starting from the bottom of your feet upwards, and from the hands towards the shoulders, and on the torso in an upward direction to help drain the lymph back towards your heart.

Note: *Stroking away from your heart can put extra pressure on the valves within the veins and lymph vessels and over time may lead to ruptured vessels and varicose veins.*

Use light pressure in areas where the skin is thin, and harder pressure on places like the soles of the feet. Don't overdo it. Remember this is not tile or grout but a living organ!

- Skin brushing should be performed once a day, preferably first thing in the morning. A thorough skin brushing takes about 10 minutes, but any time spent brushing prior to bathing will benefit the body. If you are feeling ill, increasing the treatments to twice a day can be beneficial.
- Avoid sensitive areas like bruises and anywhere the skin is broken, such as areas of skin rash, wounds, cuts or infections. Also never brush an area affected by poison oak, poison ivy or sun burn.
- For added benefit: Finish up with your regular shower and end with three hot and cold cycles. That means turning on the water as hot as you can take it for several seconds, then as cold as you can handle it, then hot, then cold for three cycles. End with either hot or cold. This will further invigorate the skin and stimulate blood circulation, bringing more blood to the outer layers of the epidermis. Or try a bath with Epsom salts or mineral-rich salts which also help encourage detoxification.
- After getting out of the shower, dry off vigorously and massage your skin with pure plant oils such as jojoba, avocado, apricot, almond, sesame, coconut or cocoa butter.
- Tap your brush over a trashcan to shake off dead skin cells. Each person should have their own dry brush, just like a toothbrush! Keep your brush in a dry area away from steam and potential mildew. If you do wash your brush with soap and warm water, rinse well and make sure it is thoroughly dried in a sunny area before use.
- Some people have more sensitive skin so dry brushing may feel uncomfortable at first but your skin will adjust. Other people find it invigorating and love it from day one.

Skin brushes are available at Lydia's Mini-Market.



Our dehydrated, organic, raw, vegan **food bars, crackers, cereals, chips** (and more) offer a convenient way to include more raw, unprocessed and nutritiously-potent foods in your diet, perfect for today's busy lifestyles!

Lydia Kindheart's 34 years of personal use, consultations and refinement of raw foods recipes are lovingly manifested in every **Lydia's Organics product**. We combine sprouted grains, seeds and nuts, along with fruits, vegetable, herbs, and seaweeds with the utmost care for the preservation of the living vitality and nutrition of these ingredients.

Available at Health Food Stores and Online at LydiasOrganics.com



Lydia's Lovin' Foods - Festivals is what started it all. In 1997 Lydia served food at her first festival and thus began a journey of 18+ years, hundreds of festivals, concerts, expos and fairs, culminating in food service to over a million people during that time.

Enjoy your favorite dishes from Lydia's Sunflower Center and Lydia's Express restaurants. Served fresh at conscious music festivals, environmental awareness conventions, and spiritual awakening gatherings all over the West Coast. For more information on our upcoming events, please visit the link below.

LydiasOrganics.com/Festival-Calendar

Disclaimer

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The information provided is for educational purposes only, and should not be used to diagnose and/or treat any disease or ailment. If you have a health problem, we recommend that you consult a licensed health practitioner.

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