

A HOW-TO GUIDE

Dry Brush for Natural Liver Detox



Dr. Brittany Wickert,
Dr. Ac., D.TCM

INTRODUCTION

Why Support the Liver?

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In TCM, the Liver (Gan) is responsible for the smooth flow of Qi and Blood throughout the body. It plays a key role in detoxification, emotional balance, and hormonal health. Stagnant Liver Qi can lead to stress, irritability, sluggish digestion, PMS, and fatigue.

By incorporating dry brushing, gua sha, and self-massage, we can stimulate lymphatic flow, promote detoxification, and move Liver Qi to keep the body vibrant and energized.



Benefits for the Liver

- Stimulates the lymphatic system (which is closely linked to detoxification).
- Promotes circulation & Qi flow to prevent stagnation.
- Gently exfoliates the skin, allowing for better absorption of herbal-infused oils.

6 Steps to Dry Brushing



1. Start at your feet and move up your body.
2. Brush your skin using wide, circular, clockwise motions.
3. Use light pressure in areas where your skin is thin and harder pressure on thicker skin, like the soles of your feet.
4. Brush your arms after you have brushed your feet, legs, and mid-section. You should brush upward toward your armpits.
5. After dry brushing, take a warm shower to help remove the dry skin.
6. After your shower, dry off, and then consider adding your favourite oil, such as olive or coconut oil, to moisturize your skin.

CONCLUSION

This is the beginning of something good.

Caring for your liver through dry brushing, gua sha, and self-massage is a powerful way to support detoxification, circulation, and overall vitality from a Traditional Chinese Medicine perspective. These simple yet effective practices can be easily incorporated into your daily routine to help move stagnation, improve digestion, and nourish your skin.

If you're ready to dive deeper into natural ways to support your liver, you can explore my Menstrual Cycle Course for a deeper understanding of how liver health impacts hormonal balance, or join my Spring Detox Program to experience a guided, liver-focused cleanse rooted in TCM wisdom.

For a more personalized approach, I offer virtual and in-person appointments, where we can create a customized plan to support your body's unique needs. Book a session with me to receive individualized care through acupuncture, herbal medicine, and holistic wellness strategies.

Your liver plays a key role in your overall well-being—let's support it together!

