

# The Importance of Relaxation and Self Care

## RELAXATION

Daily use of the relaxation program is essential to your goal of achieving natural hormone balance. It is designed to encourage a deep, meditative state.

- For best results, it is preferred that you listen to it in late afternoon or early evening to reduce cortisol levels.
- The relaxation program is only effective with the use of headphones because the sound waves travel directly into the brain and stimulate relaxation on a deep level.
- Music with underlying sound wave patterns is used to calm brain waves and balance the right and left sides of the brain.
- Daily relaxation will open up the liver and allow for more efficient weight loss.
- Use the eye pillow to block out light and weigh down the eyeballs, to stop rapid-eye movement, which helps you relax in less time.
- Apply the essential oil to the eye pillow for further relaxation.
- To associate this relaxed feeling throughout the day, place the oil on an object and carry it with you, smelling it anytime you feel the need.
- For more information, visit [www.brainsync.com](http://www.brainsync.com).

## DRY BRUSHING

Your skin is the largest organ in your body. It is responsible for one-fourth of your body's detoxification each day. Your body is detoxifying as you lose weight during the Becoming Balanced program; therefore, skin brushing is another way to help your body cleanse itself, by assisting the lymphatic system. Waste material is carried away from the cells by the blood and the lymph, and skin brushing stimulates the release of this material from the cells. Dry skin brushing also helps to reduce cellulite on areas where fats, proteins, and waste products tend to accumulate.

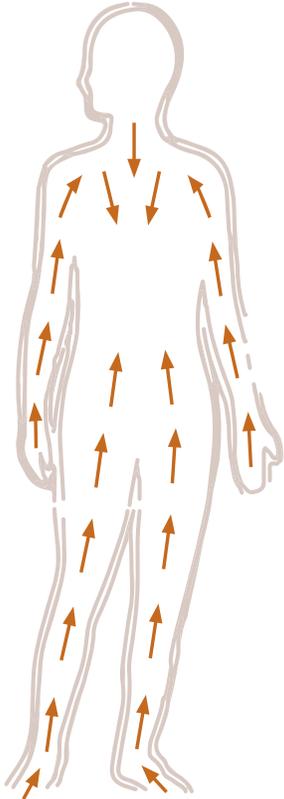
### DRY BRUSHING HAS ALSO BEEN SHOWN TO:

- Tighten the skin
- Enhance digestion
- Help reduce cellulite
- Stimulate circulation
- Increase cell renewal
- Clean the lymphatic system
- Remove dead skin layers
- Strengthen the immune system

### DRY SKIN BRUSHING INSTRUCTIONS:

**You will be brushing your entire body using long, smooth strokes, always brushing towards your heart.**

1. Begin by brushing the sole of your right foot. Use firm, rhythmic strokes. Next, brush the top of your foot, towards your ankle. Then continue up your entire leg. Brush your buttock area as far as your waist. Repeat on the other leg.



2. Moving in an upward direction, brush your entire back several times, up to your shoulders.
3. Next, brush your entire right arm, start with the palm of your hand; brushing both sides of the arm in an upward direction. Repeat on your left side.
4. Then, very gently, brush your abdomen, brushing in a circle, always in a clockwise direction. Cover the area several times.
5. The neck and chest are sensitive areas, so brush here very gently. Always work towards your heart.
6. Finish up with a shower, ending with three hot and cold cycles. This will further invigorate the skin and stimulate blood circulation, bringing more blood to the outer layers of the skin.
7. After getting out of the shower, dry off and massage your skin with a clean moisturizing cream.
8. Clean your skin brush using soap and water once a week. After rinsing, dry your skin brush in a sunny spot to prevent mildew.

For a thorough lymphatic cleansing, perform skin brushing daily for a minimum of three months. It will take about 30 day to see and experience changes, so please be patient with your results.

## Be Grateful!

At BeBalanced, we believe that holistic health is about so much more than weight loss. It's about caring for your body, mind, and spirit from the inside out. That's why our program not only focuses on the fuel you feed your body but also on relaxation, stress management, and self-care. A great way to enhance staying mindful and taking care of your body is to be grateful. In fact, according to numerous studies, practicing gratitude reduces blood pressure and lowers our stress and cortisol levels. When we are grateful, our brain is also flooded with a "feel good" chemical called dopamine, which affects our moods, sleep patterns, memory, focus, and more!

The concept is quite simple: a healthy mind = a healthy body.

**That's why, in your daily journal pages, we include a place for you to write down one thing you are grateful for each and every day.**