



THE SOLINGER METHOD

by Root Health L.L.C.

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Dry Brushing Instructions for Lymphatic Health

Purpose: Dry brushing stimulates the lymphatic system, supports detoxification, promotes circulation, and gently exfoliates the skin. It's particularly helpful when inflammation, hormonal imbalance, or sluggish elimination is present.

Before You Begin

- Tool: Use a natural bristle brush (preferably with a long handle for back/legs).
- Skin: Must be completely dry (before showering or bathing).
- Pressure: Use light, feather-like strokes—not firm scrubbing. The lymphatic system lies just beneath the skin.
- Frequency: Aim for 1x daily, preferably in the morning before showering.

Step-by-Step Dry Brushing Guide

1. Start at the Feet

Begin at the tops of the feet and toes, brushing upward in long, gentle strokes toward the ankles. Repeat each stroke 3–5 times, overlapping slightly as you move upward. **2. Move Up the Legs**

Brush in upward strokes from ankles to knees, always moving toward the heart. Continue from knees to thighs, including the back and sides of legs.



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3. Hips and Buttocks

Brush inward and upward toward the groin. Use circular motions on the hips and gluteal area.

4. Abdomen and Lower Back

Use gentle clockwise circular strokes around the navel. Brush from lower back upward, sweeping toward the front and sides of the body.

5. Arms

Start at the hands, brushing upward toward the shoulders. Cover palms, wrists, forearms, upper arms, and shoulders, always brushing toward the heart.

6. Chest and Décolleté

Use extra-light pressure here—this area is more sensitive. Brush from the sternum outward, toward each underarm.

7. Neck and Shoulders

Brush from the base of the skull downward toward the collarbones. For the upper back, brush from the shoulders down, if you can reach.

8. Finish at the Axillary and Inguinal Nodes

Use soft, circular motions in the underarm and groin areas—these are major lymphatic drainage points.

After Brushing

- Shower immediately after to wash off exfoliated skin and support the elimination of mobilized toxins.
- Apply a natural moisturizer like coconut oil, shea butter, or calendula cream.



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- Hydrate well—dry brushing stimulates lymph flow and gentle detox, so water intake is essential.

Important Notes

- Avoid broken or irritated skin, varicose veins, eczema patches, and open wounds.
- Wash your brush weekly with warm water and natural soap. Let it air dry completely.
- If pregnant, immunocompromised, or managing a skin condition, check with your provider first.