

## Epsom Salt Bath

When Epsom Salt (magnesium sulfate) is absorbed through the skin, such as in a bath, it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles, acts as a natural emollient, exfoliator, and much more...

Magnesium, the key component of Epsom Salt, performs more functions in more systems of the human body than virtually any other mineral by regulating the activity of more than 325 enzymes.

### Benefits of Magnesium:

- Eases stress and improves sleep
- Helps muscles and nerves function properly
- Helps to prevent heart disease and strokes by lowering blood pressure, protecting the elasticity of arteries, preventing blood clots and reducing the risk of heart attack.
- Increases the effectiveness of insulin
- Reduces inflammation and relieves pain, making it beneficial in the treatment of sore muscles, bronchial asthma, headaches and fibromyalgia.
- Encourages the proper use of calcium in cells.

Epsom Salt also delivers sulfates, which are needed for the formation of brain tissue, joint proteins and the mucin proteins that line the walls of the digestive tract. Sulfates stimulate the pancreas to generate digestive enzymes and help to detoxify the body of environmental contaminants.

### Benefits of Sulfates:

- Flush toxins
- Improve absorption of nutrients
- Help form joint proteins, brain tissue and mucin proteins
- Help prevent or ease headaches

### Directions:

Although magnesium can be absorbed through the digestive tract, many foods, drugs and medical conditions can interfere with the effectiveness of this delivery method. Also, studies indicate that sulfates are difficult to absorb from food, but are readily absorbed through the skin. Therefore, soaking in an Epsom Salt bath is one of the most effective means of making the magnesium your body needs readily available.

To make an Epsom salt bath, add 1-4 cups of Epsom salts to your bathwater. You can also use Epsom salts as a foot bath, hand soak or face wash.

If you find that your skin becomes dry, add 1/4 cup of baking soda to the bathwater to neutralize the drying effect.

Your Rx for Epsom Salt Bath:

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