

Epsom Salt

The major components of **Epsom Salt** are magnesium and sulfur which perform all sorts of biological functions. The two elements break apart and separate in liquid.

Sufficient sulfur is essential to detox the body of toxins and waste. Low levels may lead to a 'backlog' of toxins, which in turn can affect our central nervous system. Most sulfur supplements are difficult for the body to absorb and therefore have minimal effect. However, **Epsom Salt** provides sulphates in a readily absorbable form to help the body rid itself of waste products and toxins by making them water soluble and therefore easily excreted.

Magnesium helps to regulate the activity of more than 325 enzymes, and performs a vital role in many bodily functions, from muscle control and electrical impulses to energy production and the elimination of harmful toxins. It improves nerve function by regulating electrolytes and is necessary to maintain proper calcium levels in the blood. Excess adrenaline and stress are believed to drain magnesium, a natural stress reliever, from the body. Magnesium is necessary for the body to bind adequate amounts of serotonin, a mood elevating chemical within the brains that creates a feeling of well being and relaxation.

Epsom salt is said to help improve oxygen use, make insulin more effective, flush toxins from the body improve absorption of nutrients, regulate activity of 325 + enzymes, help relieve or ease migraine headaches, help muscles and nerves function properly, help prevent artery hardening and blood clots, eases stress, improve sleep and concentration, reduce inflammation to relieve pain and muscle cramps, helps joint proteins, bones, tissue and mucin proteins.

It is recommended to start with half a cup per bath and increase by half a cup each subsequent bath in case of adverse side effects, which are rare.

The quantity of salts and frequency of baths varies depending on the size of the bathtub and bather. Some use 3 cups per bath every day! The most common protocol is 2 cups per bath, 3 - 4 days per week, soaking for 20 - 30 min. A good practice is to dissolve the salts in a separate bowl of hot water first and add to a waist deep, warm to hot bath.

As magnesium and sulfates are absorbed through the skin they intensify the biological process of detoxification and calm the nervous system. Many people find they have a very relaxed sleep as a result. Any **Epsom Salt** left on the skin may continue to be absorbed as long as it is still on the skin, offering continuous 'timed-release' input into the bloodstream - like medication given through skin patches.

Some people who desire the wonderful therapeutic benefits from bathing in **Epsom Salt** but have a pre-existing skin conditions such as eczema find adding oils such as essential oil, olive oil or others to the bath prevents further skin irritation that may otherwise result.

