

Add Some Salt To Your Health! ***Courtesy of the Epsom Salt Council*** ***www.EpsomSaltCouncil.com***

A simple addition to your weekly baths – that takes only seconds and costs only pennies – could restore vital magnesium levels in the body, improving health in a number of ways.

Scientific studies have shown that magnesium, the primary component of **Epsom Salt**, performs more functions in the human body than almost any other mineral. Plus, magnesium is easily absorbed through the skin, which means improving health is as easy as relaxing in the tub.

The National Academy of Sciences reports that the average American female gets just 70% of the magnesium required for good health, which can lead to heart disease, stroke, osteoporosis, arthritis and joint pain, stress-related illnesses, chronic fatigue and more.

Magnesium is easily absorbed through the skin, which means bathing in Epsom Salt can help:

- Reduce inflammation
- Relieve sore muscles and aching joints
- Improve heart and circulatory health
- Flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances.
- Improve the body's ability to use insulin
- Improve nerve function by regulating electrolytes. Also, calcium is the main conductor for electrical current in the body, and magnesium is necessary to maintain proper calcium levels in the blood.
- Reduce stress. 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 brain that creates a feeling of well being and relaxation.

A study by Dr. R.H. Waring at the University of Birmingham reports that bathing in Epsom Salt (magnesium sulfate) is a safe and easy way to increase magnesium levels in the body. Study participants soaked in Epsom Salt baths for 12 minutes for seven days. Blood and urine samples were recorded at intervals after the baths. All but two subjects showed an increase in magnesium levels in the body, with the two most likely already having optimum levels of magnesium. The study concluded that most people would benefit from two to three weekly baths in 500-600 grams of Epsom Salt, roughly 2.5 cups.

For a relaxing soak: Add two cups of Epsom Salt to the water in a standard-sized bathtub; soak for at least 12 minutes, three times weekly. For an extra treat, add a few drops of your favorite essential oil for a refreshing scent.

Homemade bath crystals: Mix two cups of Epsom Salt with a few drops of fragrance (essential oil, perfume, etc.) to create a custom bath crystal. Add a 1/2 TSP of vegetable glycerin if you like. Store in an air-tight container.