

## Epsom Salt Baths

Add \_\_\_\_ kgs of Epsom Salt to a warm bath. Soak in the tub for approximately 20 minutes. The best time for the bath is right before bedtime to relax you so you are ready to go to sleep.

The key ingredient in Epsom Salt is magnesium.

Magnesium is an electrolyte, helping to ensure proper muscle, nerve and enzymes function. It aids in helping prevent heart disease and strokes by lowering blood pressure, protecting the elasticity of arteries, preventing blood clots and reducing the risk of sudden heart attack deaths.

Magnesium reduces inflammation and relieves pain, making it beneficial in the treatment of sore muscles, bronchial asthma, migraine headaches and fibromyalgia. It detoxifies the body's residue of medicines and environmental contaminants. It increases the effectiveness of insulin, helping to lower the risk or severity of diabetes.

Epsom Salt delivers sulfates needed for the formation of brain tissue, joint proteins and digestive tract tissue.

Contraindications are low blood pressure, heart disease and kidney disease.