



Epsom Salts

Epsom salts are named for the mineral rich waters of Epsom, England, where they were known at least as far back as Shakespeare's day. When bathing, the magnesium sulfate (Epsom salt) is absorbed through the skin and is an inexpensive and natural way to reduce stress, treat skin problems, and draw toxins from the body.

Magnesium is the second-most abundant element in human cells and the fourth-most important positively charged ion in the body. Magnesium, a major component of Epsom Salt, and is vital for many bodily functions, from muscle control and electrical impulses to energy production and the elimination of toxins. Raising the body's level of serotonin, a mood-elevating chemical within the brain that creates a feeling of well being and relaxation.

* Offsetting excess levels of adrenaline generated by pressure and stress; magnesium ions relax and reduce irritability by lowering the affects of adrenaline.

* Helping to regulate the electrical functions that spark through miles of nerves.

* Lowering blood pressure.

Researchers have found that magnesium also increases energy and stamina by encouraging the production of ATP (adenosine triphosphate), the energy packets made in the cells. Experts recommend soaking with Epsom Salt at least three times a week to look better, feel better and have more energy. Magnesium can be taken internally or you can get the same benefits from soaking in a bath with magnesium sulfate crystals, commonly known as Epsom Salt.

Researchers and physicians tell us that raising your magnesium levels may improve your heart and circulation and will lower blood pressure. It will help flush the toxins and heavy metals from the body. Most importantly it helps to reduce stress. 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. Researchers have found that magnesium also increases energy and stamina.

Epsom salt has been a long time remedy natural remedy for a number of ailments. An Epsom salt bath is known to relieve aching limbs, muscle strain and back pain. In addition, it has been known to heal cuts, reduce soreness from childbirth and relieves colds and congestion. Furthermore, Epsom salt will flush toxins and heavy metals from the body.

Epsom Salt is a natural stress reliever too. Stress drains the body of magnesium. An Epsom salt bath absorbs magnesium into our body thus helping to relieve stress. The magnesium helps to produce adequate amounts of serotonin, a mood-elevating chemical within the brain that creates a feeling of calm and relaxation.

Epsom salt is a chemical compound that has proven itself for having many uses. One such use that people have discovered for Epsom salt is for promoting good health. Why has Epsom salt come to be associated with healthy living? That is because Epsom salt has magnesium, and magnesium is a very important element in making sure that our bodies are functioning as they should.

By what ways can we use Epsom salt to help keep our bodies in tiptop shape? Here is a list of a few things we can do with Epsom salt for our health.



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As bath salts: Epsom salt was first used as bath salts. A good soak in a tub filled with warm water and mixed with two cups of Epsom salt is great for detoxifying the body and relieving stress.

As a foot soak: The feet are often the most abused parts of our bodies, and it is not surprising when we feel pain in our feet. Soaking the feet in warm water mixed with half a cup of Epsom salt can take the pain away from the feet. Doing so also helps reduce the appearance of varicose veins and helps treat athlete's foot and other fungal ailments commonly afflicting the feet.

As a facial scrub: Epsom salt can be an effective agent in cleaning and exfoliating the face. Exfoliating the face is necessary because it sloughs away the layers of dead skin cells from the face and allows newer, healthier cells to emerge. This is easy to do; all that needs to be done is to mix a pinch of Epsom salt with the facial scrub and massage it onto the face. Afterwards, rinse it off.

As a body scrub: Just like the skin on the face, the skin on the body also needs to be exfoliated. But other than that, massaging Epsom salt all over the body can also promote better blood circulation, soften the rough parts and help in making the skin tone look more even. Just rub Epsom salt on your skin and rinse.

As a hair cleanser: The shampoo, conditioner and styling products that we use on our hair often leave remnants on each strand, leading to product buildup. When product buildup happens on the hair, it can be hard for the nutrients supposedly supplied by shampoo and conditioner to be absorbed by the hair. To clear the hair of product buildup, mix Epsom salt with your shampoo and rinse thoroughly.

These are just some of the uses Epsom salt has that can help promote bodily health.

Having some Epsom salt at home is always handy.