

THE AMAZING BENEFITS OF EPSOM SALT

Yes, you read correctly! Epsom Salt, the stuff old people used to soak their feet in, still works! I frequently suggest that my clients soak their injured or aching hands and feet in it. If the ache or injury cannot be soaked easily, I suggest rubbing some of the crystals onto a wet washcloth and using that as a compress. It really relaxes stiff achy muscles and reduces pain and swelling from injuries and bruises.

One of my clients, a firm believer, is a recently retired law enforcement officer who received a duty-related back injury many years ago. She owns a small farm, two horses and two show dogs that require constant training. She is a very active person and many of those activities involve heavy physical labor. Her back has been a continuing nuisance since her injury so I suggested that she try soaking in a hot bath with 1 or 2 cups Epsom Salt.

She claims that, after a hard task like mending fences, cleaning horse stalls, a day of canine agility training or planting garden, the only thing that makes her feel better, and be able to move the next day, is soaking her whole body in a bathtub full of hot Epsom Salt water.

I fell on my right hand, injuring it badly, last winter. After seeing no broken bones on the X-ray, the Emergency Room doctor splinted it for two days. Then I saw the orthopedic surgeon who agreed. What a relief! (Perhaps I am a little too paranoid about my hands! No! I am not! My hands are very sensitive and important to my financial well-being since I am a Reflexologist, so it really hurt!)

However, I was out of business so I had to get it healed fast! I went home and followed all my own advice. I stretched it, massaged healing essential oils into it, poured Reiki into it and soaked it every day in Epsom Salt water. I was able to do a few clients the next week and at two weeks was back up to my full schedule! We were all amazed!

I recently discovered, at the [Epsom Salt Industry Council](#) web site, that absorbing the magnesium sulfate of Epsom Salt is beneficial in far more ways than I knew! Apparently, magnesium and sulfate, the main ingredients, are two necessary minerals that we tend to be lacking these days. They are not easy to obtain through diet but are readily absorbed through the skin.

The magnesium eases stress and improves concentration and sleep, regulates enzyme activity, makes insulin more effective, improves oxygen use, helps prevent blood clots and more. The sulfates flush out toxins and help ease or prevent migraine headaches, improve absorption of nutrients and help form joint proteins and brain tissue. Epsom Salt will not dry the skin like other salts. The crystals exfoliate and actually soften the skin.

Are you impressed? I hope so! Epsom Salt is available at any grocery or drug store. It is inexpensive so buy a big box and soak, soak and soak!

Patricia Kenworthy July 2006