



EPSOM SALTS

Epsom Salts are available in different “grades”. The B.P. (British Pharmaceutical) Grade means suitable for internal use and is not the 'Technical' grade which is available at a cheaper price due to its lower quality and is not suitable for internal use.

History

In 1618 a farmer at Epsom in England found his cows were unhappy drinking the water due to its bitter taste. He noticed that the water healed scratches and rashes, it didn't take long before local lore and word of mouth spread the word. It was originally prepared from mineral water in Epsom England. Today it is obtained mostly from mining operations.

Recent studies have shown that Epsom Salts can be nebulised for severe asthma. It is used intravenously for the treatment of severe asthma and as part of the treatment for pre-eclampsia for pregnant women, i.e. pregnancy induced hypertension.

Soaking and Topical Use

Epsom Salts are made up mostly of magnesium and sulphates. In our bodies, magnesium performs many functions in our systems.

Overall magnesium is considered to:

- Ease stress, improve sleep and concentration
- Support muscle and nerve function
- Regulate the body as a component of over 300 enzymes which control functions in the body
- Help prevent artery hardening and blood clots
- Make insulin more effective
- Reduce inflammation to relieve pain and muscle cramps
- Improve oxygen use
- Increase energy levels

Sulphates are considered to:

- Flush toxins and contaminants from the body
- Improve absorption of nutrients
- Help form joint proteins, brain tissue and mucin proteins
- Help prevent or ease migraine headaches

Other actions:

- Softens and exfoliates the skin
- Improved sense of wellbeing

Studies show that these substances are readily absorbed through the skin, thus bypassing digestive and absorption issues.

Therapeutic Dosage:-

Compress

Use 40g of Epsom Salt in 1 litre of warm water for sore muscles, bug bites and splinter removal.

Soaking - Bath soaks are popular and effective for easing muscle pain and fading bruises

Add 300g of Epsom Salt to warm water in a standard-sized bath. Add 600g up to 1kg of Epsom Salt for an oversized garden tub. Perform three times a week. Soak for at least 20 minutes.

Foot bath

Add a 140g of Epsom Salts to a bowl of warm water as a popular soak for tired and aching feet.