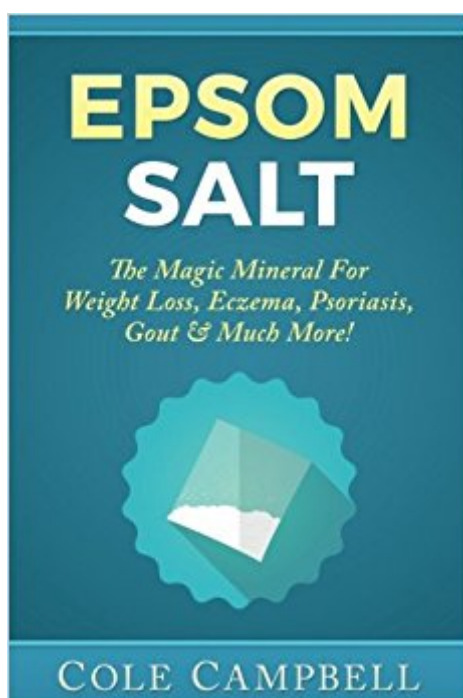


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# Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More!



## Synopsis

Epsom salts were first discovered just outside of Epsom, Surrey, England. They were discovered to be the reason why the water at a specific well there tasted different and had healing qualities. The initial discovery was made in the 17th century and was an integral part of the growth and increased affluence of Epsom. Although the water from this spring is limited and commercially not viable, the reason for the healing qualities of the water, were quickly discovered. Epsom salts are made up of magnesium and sulphates; both of which are important minerals to the human body; helping you to function properly and heal quicker. The salts are now available all over the world and can be bought over the counter without prescription. It is possible to ingest the salts but it is not recommended to ingest too much at a time; they can have dangerous side effects. This book looks at the history of Epsom salts and the various uses of them, including as a weight loss aid. They have also been shown to help people suffering with eczema, psoriasis and gout; these are discussed in detail along with a variety of other uses of these miracle crystals. Their capabilities range from benefitting the health of those who take them, to improve the plants in the garden, or, you can simply use them for craft purposes! The book also takes a look at the facts behind the theories and how much of the benefits are backed by medical science. Despite surprisingly limited research there are a number of well defined examples which lend credence to a practice that dates back hundreds of years. The book will teach and guide you into using Epsom salts to improve your own health and that of those around you. Epsom salts are not expensive to purchase; this means you can easily test out the theories and establish what works best for you, without spending a fortune! Read, digest, learn and prepare to be amazed!

## Book Information

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## Customer Reviews

A decent overview of Epsom salt uses. Long known as a natural remedy for a number of ailments, Epsom salt has numerous health benefits as well as many beauty, household, and gardening-related uses. Stress drains the body of magnesium and increases levels of adrenaline. When dissolved in warm water, Epsom salt is absorbed through the skin and replenishes the level of magnesium in the body. An Epsom salt bath is known to ease pain and relieve inflammation, making it beneficial in the treatment of sore muscles, bronchial asthma, and migraine headaches. Epsom salt is believed to improve heart health and help prevent heart disease and strokes by improving blood circulation, protecting the elasticity of arteries, preventing blood clots, and reducing the risk of sudden heart attack deaths. The lack of this important nutrient in our bodies is due to a combination of issues, including over development of agricultural land that leaches essential minerals like magnesium and other trace elements from the soil, the overuse of prescription medications, the consumption of processed and fast foods, and more. All of these things take a toll, depleting our body of magnesium, which is one of the reasons Epsom salt can be an important part of improving one's health.

This book can save you a great deal of money by avoiding trips to expensive spas and avoid using chemical treatments where you can use the wonderful Epsom salts instead to heal yourself in a natural way rather than a chemical filled one. Epsom salts have been in use for hundreds of years all over the world for a variety of ailments as well as for using doing everyday tasks. This book will guide you to learn more about the simple product of Epsom salts that can help improve your mind, body, health and home. You have nothing to lose and everything to gain by learning how you can make Epsom salts a part of your healthy lifestyle!

A lot of great info. History of Epsom salt and it's uses. Didn't realize that a lot of Epsom salt is chemically made (not natural). I love taking baths with Epsom salt and baking soda or ACV. I loved that this book further explained how these methods (I was already doing) helps detox the body. I also enjoyed learning that Epsom salts truly are not meant for weight loss (as the title intrigued me as I never heard of Epsom salts being used for weight loss). The author stresses how a healthy diet along with Epsom salt baths may help in aiding weight loss.

Epsom salt is great for a number of different things. This book helps highlight how epsom salt can reduce the likelihood of heart disease, help with deficiencies that lead to tiredness, anorexia or inability to sleep. Interestingly it can be used to help with weight loss, the most prevalent example is when fighters use it in hot baths to shed water weight. I am interested in using it for skin conditions like Eczema and Psoriasis that many kids suffer from. After reading this book I will be going out to buy some salt immediately.

This book is just full of ways to use Epsom salt! I never in my wildest dream would have thought to use Epsom salt to fertilize my plants! Works great! I am also using it to help with arthritis in my shoulder!! It's amazing and it beats buying an expensive chemical to rub into my shoulder. And there are many many more uses for Epsom salt and you can't beat the price.

This is great, I never knew that there were so many great benefits and uses for Epsom salt. I only used Epsom salt for cooking and sometimes, for gargle to help soothe a sore throat but it has a lot more uses that I have never imagined. Who knew that such an inexpensive product can offer so many benefits! I love that it can be used for so many different things.

This book is simply amazing. It enlightens me with all the details in it. How you can use it or consume it. Little did I know that Epsom salt is an all around use. Most of all it can be topical. I will enjoy a healthy bath with these ideas shared by Cole. I am thankful for having this book and a sure buy for all! Grab one.

I find this book interesting! I never knew that there were so many uses, so many different ways and for so many reasons to use Epsom. And it's all in this book. I had no idea all the other things Epsom salt can help with. Indeed, I appreciate the well-organized, easy to understand information in this book.

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