

NATURAL REMEDIES: EPSOM SALTS

The technical name is magnesium sulfate and although it should not be used internally, it is very valuable when correctly used, possessing the power to draw off poisons.

EPSOM SALT GLOW

Take a container with 1-2 cups Epsom salts into an empty bathtub. Add a few drops of water to give a mixture like wet sand. Take this by handfuls and rub over the skin briskly until the whole body is done (avoid eyes) then rinse off in shower and towel dry. Done regularly it aids skin conditions, poor circulation, arthritis, headaches, stiffness etc.

EPSOM SALT DRENCH

Useful for insomnia, high blood pressure, and bed wetting.

Each evening take hot shower or bath to open pores. Have ready a quart of warm water with 2 oz. Epsom salts dissolved in it. After the shower, slowly pour the solution over your body and as far as possible cover each part. Then wait for a minute or two before patting dry with a towel. Do not rinse it off. Due to the powerful relaxing effect this is a valuable aid in insomnia. However, each person will have to find out how long to wait before drying and how thoroughly to dry. Some find they are so relaxed the limbs feel heavy and it's hard to move.

Experiment with time waited and amount of drying to get a good sleep and fresh awakening in the morning.

Epsom salts baths are relaxing and useful but this is a more effective method due to the concentrated solution left on the skin.

Used regularly this treatment may lower high blood pressure and can help children with bed wetting.

Bath child and pour on solution as above, It may take a week of nightly treatments for desired results and continue treatment to maintain results.

EPSOM SALTS AND BURNS

Keep a jar containing a saturated solution of Epsom salts in 'fridge' or medicine cupboard. (make this solution by dissolving as much salts in the water as will dissolve)

When a burn happens, apply immediately by pouring onto a cloth or bandage and applying or, in case of fingers, dip them into the jar for a few minutes. This treatment is unbelievably effective.

DEEPER BURNS

Wash and blend a raw potato, mix with Epsom salts and apply as a cold poultice. Treatment can be repeated regularly until healed.

EPSOM SALT BATHS

Use for 'Ache all over' colds and flus, (hot)

Epsom Salts

Rashes, bites and sunburns, (tepid)

Sore muscles, rheumatism, pain. (warm) Use 1-3 cups Epsom salts to tub of water. Soak 20-30 minutes, towel dry.

Another helpful idea for itchy rashes and bites is to make a 'Green Tea' of a chlorophyll-rich herb; Alfalfa, parsley, plantain, or clover leaf and add to the bath. Steep a cup of herb to a quart of water & strain.