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## The Healing Powers of Epsom Salt: Beginners Guide to DIY Epsom Salt Natural Remedies for Health, Beauty and Home (Paperback)

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By Karina Wilde

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\*\*\*\*\*. Within nature, there is a bounty of natural occurring substances that when used properly, exhibit their full potential and enhance our lives. Over time we have come to learn of new natural remedies, while others are time honored with folklore that has been handed down through generations, such as Epsom salt. Almost everyone knows of Epsom salt for bathing purposes, but few of us know anything else about these amazing crystals. Composed of magnesium and sulfate, Epsom salts not only soothe sore muscles, but potentially unlock the door to freedom from chronic and serious health conditions. Simple remedies of Epsom salts can improve your health, beautify your home and even add new life to your plants and garden. While Epsom salt may seem magical, all you really need is an understanding of how they work and how to use them in your daily life. This book provides both of these things to you in a simple, straightforward format that will have you on the path to healing, health and beauty with little more effort than...



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