

THREE SEASONS AYURVEDA



Epsom Salt Bath



Epsom salt, named for a bitter saline spring at Epsom in Surrey, England, is not actually salt but a natural pure mineral compound of magnesium and sulfate. These compounds are both readily absorbed through the skin, making Epsom salt baths an easy and ideal way to enjoy the associated health benefits regulating the activity of over 325 enzymes, reducing inflammation, helping muscle and nerve function, and helping to prevent artery hardening, improve the absorption of nutrients and flushes out toxins.

Stress drains the body of magnesium and increases levels of adrenaline and Epsom salt replenishes the level of magnesium in the body. The magnesium helps to produce serotonin, a mood-elevating chemical within the brain that creates a feeling of calm and relaxation. Research shows that magnesium also increases energy and stamina by encouraging the production of ATP (adenosine triphosphate), the energy packets made in the cells.

Studies show that Epsom salt can help regulate electrolytes in your body, ensuring proper functioning of the muscles, nerves, and enzymes. Magnesium is also known to be critical in the proper use of calcium, which serves as a main conductor of the electric impulses in your body.

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.

Numerous studies have revealed that Epsom salt can be used to treat constipation. Taken internally, Epsom salt acts as a detoxifying agent for colon cleansing. The salt acts like a laxative by increasing water in the intestines and can bring about temporary relief from constipation. However, it is strictly warned that Epsom salts should not be used to relieve constipation without the consultation of a physician.

The sulfates in Epsom salt help flush toxins and heavy metals from the cells, easing muscle pain and helping the body to eliminate harmful substances. Your skin is a highly porous membrane and adding the right minerals to your bathwater triggers a process called reverse osmosis, which actually pulls salt out of your body, and harmful toxins along with it. For a detoxifying bath, at least once weekly add two cups of our Ultra Epsom Salt to the water in a bathtub and soak for 10 minutes.



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