**10 Common Health Problems That Can Be Treated Using Epsom Salt**

**  February 4, 2017 | **  [Health](http://www.healthyfoodhouse.com/category/health/), [Health Tips](http://www.healthyfoodhouse.com/category/health-tips/) | **  0 | **  admin

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Our grandmothers often used Epsom salt in their recipes, and its potent medicinal properties have made it extremely popular for decades.

The composition of Epsom Salt contains magnesium sulfate, which is a pure mineral compound with countless uses. Magnesium offers various benefits, such as:

* Relieves sprain pain
* Soothes and relaxes sore muscles
* Detoxifies the body
* Lowers the risk of diabetes via improved insulin management
* Enhances bone integrity
* Manages stress and tension
* Prevents hardening of the arteries
* prevents the formation of blood clots
* soothes joint pain
* lessens bruise inflammation
* helps sleep

Epsom salt can be used as a medicine, a beauty, cleaning, and crafts product. It can even help you boost the growth of your plants and flowers.

This salt can be used to treat various health issues, including the following:

-- Flu and Cough – The winter season is the time of colds and flu, but Epsom salt can be of great help in these cases. You should soak in Epsom salt bath for 20 minutes, and the minerals in it will alleviate the symptoms.

**-Muscle aches and pains –** Add 2 cups of Epsom salt to the water in a bathtub, and soak in it for 12 minutes, and you will effectively soothe the pain in the muscles.

**-- Stress –** Add two cups of Epsom salt to the water in a standard-sized bathtub, add a few drops of eucalyptus essential oil, and soak in it for 10-15 minutes, three times a week. Soak for at least 12 minutes, three times weekly.

**-Acne–** Epsom salt cleanses the pores and exfoliates the skin. At the same time, it destroys bacteria, due to the potent antimicrobial properties.

**-- Constipation:** Epsom Salt can act as a laxative if you add a teaspoon of it to a glass of water.  The magnesium sulfate that Epsom Salt draws water into the bowel thus softens the stool and treats constipation.

**-Hair Care –** This salt eliminates toxins from the hair and cleanses the scalp. All you need to do is to mix with your hair conditioner in ratio 1:1 and apply it on the scalp. Leave it to act for 20 minutes, and wash it off.

**-Face Wash –** Add half a teaspoon of Epsom salt to your regular cleansing cream in order to cleanse the pores.

**-Bug bites and skin inflammation:** Add a tablespoon of Epsom salt into half a glass of warm water, leave it to cool, and apply it on the affected area.

**-Splinter Removal –**Soak a cotton washcloth in a glass of cold water with 2 tablespoons of Epsom salt, and apply it on the splinter. You can also create a paste by adding a teaspoon of Epsom salt to a cup of hot water, leave it to cool for 20 minutes, and apply it over the splinter.

**-Foot health:** Soak the feet in a bowl of warm water with half a cup of Epsom salt to relieve the pain, eliminate bad odor, and soften the rough skin.  The following Magnesium Foot Scrub will soften the skin of the feet and saturate it with magnesium:  add a cup of Epsom salt to olive oil and lemon castle soap, and rub this mixture on the feet.

**-Mild sunburn:** Soak in a bath with this miraculous salt to soothe mild sunburn.

**-- Gardening –** The two major components of this salt, magnesium, and sulfur, have been found to help plants to grow greener with higher yields and more blooms, According to research, it reduces the need for fertilizers and boosts their effects.

**-Crafts –** Epsom salt can be used for many different crafts, such as holiday jars, snowballs, fall décor, greeting cards, and all that you can imagine!

Source: [healinglifeisnatural.com](http://healinglifeisnatural.com/10-common-health-problems-that-can-be-treated-using-Epsom-salt/)