

# EPSOM SALT

One of the earliest discoveries of magnesium sulfate, the scientific name for Epsom salt, occurred back in Shakespeare's day in Epsom, England (where the compound was first distilled in water), which explains the first half of the name. The term salt probably refers to the specific chemical structure of the compound, although many people mistakenly assume it refers to the crystalline structure of Epsom salt, which has an appearance similar to that of table salt. (Table salt, of course, consists of sodium chloride, so it's an entirely different substance than magnesium sulfate.)

Epsom salts are made up of a naturally occurring mineral that found in water. The chemical formula for Epsom salts is  $MgSO_4 \cdot 7H_2O$ . Magnesium is the second most abundant element in human cells and the fourth most important positively charged ion in the body, so it's little wonder this low-profile mineral is also vital to good health and well-being. Magnesium, a major component of Epsom salt, also helps to regulate the activity of more than 325 enzymes and performs a vital role in orchestrating many bodily functions, from muscle control and electrical impulses to energy production and the elimination of harmful toxins.

## Studies show that Magnesium is:

- An electrolyte, helping to ensure proper muscle, nerve and enzyme function
- Critical to the proper use of calcium in cells
- An aid in helping to prevent heart disease and strokes by lowering blood pressure, protecting the elasticity of arteries, preventing blood clots and reducing the risk of sudden heart attack.

## Medical research also indicates that Magnesium may:

- Increase the effectiveness of insulin, helping to lower the risk or severity of diabetes.
- Reduce inflammation and relieves pain, making it beneficial in the treatment of sore muscles, bronchial asthma, migraine headache and fibromyalgia.

Although magnesium can be absorbed through the digestive tract, many foods, drugs and medical conditions can interfere with the effectiveness of this delivery method. Therefore, soaking in Epsom salts is one of the most effective means of making the magnesium your body needs readily available.

Epsom salt also delivers sulfates, which medical research indicates are needed for the formation of brain tissue, joint proteins and the mucin proteins that line the wall of the digestive tract. Studies show that sulfates also stimulate the pancreas to generate digestive enzymes and help to detoxify the body's residue of medicines and environmental contaminants. Studies indicate that sulfates are difficult to absorb from food, but are readily absorbed through the skin.

Studies show these benefits from the major components of Epsom salt may:

### Magnesium:

Ease stress, improve sleep and concentration  
Help muscles and nerves function properly  
Regulate activity of 325+ enzymes  
Help prevent artery hardening and blood clots  
Make insulin more effective  
Reduce inflammation, relieving pain and muscle cramp  
Improve oxygen use

### Sulfate:

Flush toxins  
Improve nutrient absorption  
Help form joint proteins, brain tissue and mucin proteins  
Help prevent or ease migraine headache

Excerpt from Epsom Salt Council