

EPSOM SALT BATHS & SULPHATION

The skin is a route of elimination of toxins from the body and is the largest organ of elimination, so it can be an invaluable route through which to release toxicity, particularly if other routes of elimination are struggling, such as the liver.

Epsom Salts are made of the mineral magnesium sulphate, and trans-dermally can be an effective way for the body to absorb more magnesium. When magnesium sulphate is absorbed through the skin (such as in a bath), it draws toxins from the body, sedates the nervous system, reduces swelling, relaxes muscles, and is a natural emollient and exfoliator.

Hot water draws toxins out of the body to the skin's surface, and while the water cools, it draws toxins from the skin. Epsom salt increases this detoxification by causing you to sweat.

Taking an Epsom salts bath once a week for three out of four weeks is a great way to ensure that the body keeps moving and releasing toxicity during the darker and more stagnant times of winter in particular.

Liver Detoxification and Epsom Salts

'Sulphation' is an extremely important part of liver detoxification. Generally, sulphur is available in our diet but some of us lack an enzyme which helps to break it down in the body. This can lead to poor Phase 2 liver detoxification and an impaired ability to process dopamine, serotonin, and noradrenaline properly. In addition, because the sulphur amino acid methionine requires betaine, B12 and folic acid in order for it to be broken down into cysteine, glutathione, and taurine (all important for liver detoxification) a deficiency in these nutrients can lead to a build-up of homocysteine. Epsom Salt Baths can help those people who have impaired liver detoxification.

Foods containing sulphur: -

- Broccoli, turnips, Brussels sprouts, garlic, onions, shallots
- Peppers, radish, watercress, mustard greens, kale
- Cayenne, chilli powder, horseradish
- Lentils
- Soya milk, soya beans
- Milk
- Eggs

Contraindications for Epsom Salt Baths: -

Heart problems

High Blood Pressure

Diabetic

Pregnancy

Risk of haemorrhaging

During menstruation

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Instructions

- Initially pour 1-2 cups of Epsom Salts in an empty bath - but you can work up to 1kg (2.2lb). Do not use soap or add any other substance to the bathwater as this will diminish the drawing out process of the toxins.
- Run the bathwater and agitate the salts to maximise the dissolving process. The bath should be warm to hot, depending on the intensity required. If running a hot bath, wrap our head in a cool wet cloth.
- Lay back in the bath and relax for up to 20 minutes (depending on your tolerance level).
- Once you have reached your limit, you can either cool down at the end by turning on the cold tap to lower the water temperature and stay in for a few more minutes until you feel that you are cold, alternatively you can have a cold shower.
- Get out of the bath, quickly and gently pat the body dry (do not rub dry too vigorously), and go straight to bed in cotton nightwear or a cotton sheet, so that you can sweat. You may experience raised heart rate along with the sweating, which is why the contraindications below are mentioned. You may wish to get up later and clean off in a warm shower. It is important to keep adequate water on hand that you can sip when needed.

Some people may feel a little weak and tired after this process and will need to rest, so it is not something to do first thing in the morning if you have to go to work or have a busy day. After a good sleep, when the body has completed the induced elimination, people often feel clear and refreshed.

Epsom Salts can be purchased easily on Amazon. A good weight to purchase is often 5kg as this is not too difficult to carry. I often use the brand Westlab, or you can purchase Epsom Salts via your account with the discount from The Natural Dispensary.

NOTE: if using Epsom salt baths with children, the bath temperature should only be warm, and after the bath, the child should be dried normally. This is a good technique to use with children before bedtime. Do not use where there is high blood pressure or a heart condition.

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