

# EPSOM SALT FOOT BATH

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 pulls 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.

### **Contraindications for Epsom Salt Baths: -**

**Heart problems**

**High Blood Pressure**

**Pregnancy**

**Risk of haemorrhaging**

**During menstruation**

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Footbaths have a less dramatic effect on the body than the full tubbing techniques but are able to concentrate their activity on a major area of elimination, namely the soles of the feet. This gentler effect can be very useful for people who need to take their healing process slowly at the beginning.

Rather than subjecting the whole body to full tubbing, which creates a lot of change, you can start things moving gently by employing various types of footbaths. This technique is also useful if you do not have a bath or cannot get into a bath due to a disability. It can easily be performed while sitting in a comfortable armchair.

## Instructions

### To apply this technique, you will need: -

- **A footbath**
- **Epsom Salts**
- **A blanket**
  
- Place 4 tablespoons of commercial Epsom salts into the footbath
- Add hot water to the bowl to a temperature that is comfortable
- Place your feet in the bowl to raise your temperature and begin the detoxification process
- If possible, place a blanket over your entire body, including the head, as this will help to induce an artificial fever for cleansing
- Remain in the footbath for 15-20 minutes (or less if you feel that you have had enough time)
- Once you have completed your time in the footbath, dry your feet and go straight to bed to allow the elimination process to continue.

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.*