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Epsom Salt: Magnesium Benefits Uses: DIY Recipes For Beauty, Health, Garden, Weight Loss, Pain Relief, Acne Detoxification

Olivia Green

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DIY RECIPES FOR BEAUTY, HEALTH, GARDEN
WEIGHT LOSS, PAIN RELIEF & DETOXIFICATION

EPSOM SALT MAGNESIUM BENEFITS & USES



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Olivia Green : Epsom Salt: Magnesium Benefits Uses: DIY Recipes For Beauty, Health, Garden, Weight Loss, Pain Relief, Acne Detoxification before purchasing it in order to gauge whether or not it would be worth my time, and all praised Epsom Salt: Magnesium Benefits Uses: DIY Recipes For Beauty, Health, Garden, Weight Loss, Pain Relief, Acne Detoxification:

1 of 1 people found the following review helpful. So many Epsom recipes, so many ways to relax and detox . All in this book!
By Kindle Customer
If you want THE book on Epsom salt, look no further! I never knew that there were so many uses, so many different ways and for so many reasons to use Epsom. And its all in this book. It starts with a brief, little-known history of how its natural healing properties were discovered and then goes into the details of the many properties. Then it goes into all the different reasons of using Epsom: detox, weight loss, pain relief, acne, beauty, relaxation, and even for gardening! And each of these categories has different recipes for baths, which is the heart of this book. This book even shows you what to do before, during and AFTER the bath things I never would have known. Highly recommended!
0 of 0 people found the following review helpful. Information that can help everyone!
By Rachael Thompson
I had heard that Epsom salt and magnesium can be helpful for both anxiety and high blood pressure and I wanted to learn more, as I suffer from anxiety and my boyfriend has high blood pressure. I had no idea all the other things Epsom salt can help with! This book covers it all--it has recipes and instructions on how to make bath detoxes, face masks and creams, as well as drinks using natural magnesium sources to help with a variety of problems. I really appreciated the list of the foods and herbs and their level of magnesium. I will certainly try to incorporate these products when cooking our meals. It also gives a list of supplements that I am going to research further to decide which ones would be best to help both my boyfriend and myself. I appreciate the well-organized, easy to understand information in this book. It is very helpful!
0 of 0 people found the following review helpful. This book has been so helpful, I and most of my siblings had suffered from problems of heart disease, cancer, diabetes, osteoarthritis, etc. Our 87 year old father is going strong and he soaks his feet in Epsom salts every day. I just broke 2 bones in my foot. I have brittle bones and this makes the 7th time in 4 years. I am soaking as we speak. This book lists a lot of health benefits and some other uses. Wonderful little book.

Mother Nature had infinite resources of creating, regenerating, healing, nurturing, soothing, revitalizing and giving the life. One of these resources is Magnesium, an essential element in life's creation and maintenance, rejuvenation, and soothing. Therefore, I dedicate this book to everyone, who wants naturally relax sore muscles, relieve pain, eliminate toxins, detoxify their body, improve blood circulation and sleep, exfoliate dead skin, restore a natural energy flow, but most importantly, enhance the feeling of overall relaxation and well-being. In other words, this book is designed for everyone, who wants to master the healing powers and miraculous benefits of Epsom Salt for your Beauty, Health, Mind, Home Garden. EPSOM SALT: MAGNESIUM BENEFITS USES will take you through different techniques, tips and usages of Epsom Salt, as well as, the importance of Magnesium Sulphate for our health. Here you will find a variety of beautiful, unique and sophisticated Epsom Salt recipes for you beauty, detoxification, weight loss, muscular pain, skin, acne, pH balance, as well as, kitchen and bathroom cleaning, seed germination boosting, and much more.

About the Author
I'm Olivia Green, holistic medicine practitioner, food lover and independent author. From my personal experience, I have learnt the importance of keeping the balance between physical, emotional, spiritual and social aspects in our lives, in order to achieve the optimal health. I believe, that no medicine can compensate for our unhealthy living, therefore I feel responsible for sharing my own personal experience, that will help you not only to take care of your body and physical health, but also to assure, that you live a life free from stress, anxiety and negativity. I truly hope that by reading my books, you will be inspired to become more appreciative and attentive to your own health, beauty and natural well being. And finally, I wish you a beautiful journey while exploring the benefits of holistic medicine and natural remedies.