



WHAT IS EPSOM SALT?

Epsom salt is a naturally occurring pure mineral compound of magnesium and sulfate. It is inexpensive, and can be purchased over the counter from pharmacies or in bulk from online retailers.

When dissolved in warm water both magnesium and sulfate are readily absorbed through the skin, making it an easy way to boost your levels of these vital minerals.

HOW DOES EPSOM SALT EASE STRESS AND RELAX YOU?

Stress drains the body of magnesium and increases the levels of adrenalin. When dissolved in warm water, Epsom salt is absorbed through the skin and replenishes the level of magnesium in the body. The magnesium helps to produce serotonin - a neurotransmitter that creates a feeling of calm and relaxation.

Research also shows that magnesium increases energy and stamina by encouraging the production of ATP, the energy packets made in the cells. Magnesium ions relax and reduce irritability by lowering the effects of adrenalin. They create a relaxed feeling, improve sleep and concentration, and help muscles and nerves to function properly.

HOW OFTEN CAN I SOAK MY FEET IN AN EPSOM SALT BATH?

Experts suggest bathing the feet with Epsom salts at least three times a week, for about 30 minutes. If you're going through a particularly

stressful period you can soak them nightly, until the stressful period has passed.

WHAT EPSOM SALT CONCENTRATION SHOULD I USE?

A good concentration is ½ cup of Epsom salt in 4 liters of warm water. If you have an electric foot spa they are excellent. Or you can use a shallow bucket. Many models of foot spa offer heating, which allows the water to remain warm and further facilitate absorption.

If you'd like to ramp it up a notch consider buying [Magnesium chloride flakes](#). I can't find an explanation for why it works so well, but you'll use less to get the same/better results.

WHY WOULD IT BE HELPFUL TO ME?

Each time you take an Epsom salt footbath, you'll feel the difference within 20 minutes of soaking your feet. You'll feel calmer and more relaxed. Epsom salt footbaths are especially helpful when you are going through acute stress - it will relax you deeply, quickly.

The magnesium is absorbed directly through the skin, and regular soaks will replenish your magnesium stores. This makes the effects of Epsom salt foot soaks accumulative, which is why frequent footbaths are encouraged.

Magnesium is a common ingredient in sleep remedies. It is needed for the conversion of serotonin to melatonin (the sleep hormone). Taking an Epsom salt footbath in the evening will help you to fall asleep and to sleep more deeply.

I hope you find this factsheet helpful.
You are welcome to email [moodfoodmove](mailto:moodfoodmove@gmail.com) at: moodfoodmove@gmail.com with questions ☺

