

Fitness Quick Tips: Turn Muscle Pain into Pleasure with Epsom Salt

Reduce muscle soreness, increase magnesium levels and lower stress with Epsom Salt.

July 22, 2008 - [PRLog](#) -- Epsom Salt Provides Post-Workout Relief with Added Health Benefits

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Charlotte, N.C., Turn muscle pain into pleasure for the entire body and mind with Epsom Salt. Epsom Salt, a naturally occurring mineral, is a proven remedy to treat muscle soreness, while increasing magnesium levels and can also help reduce stress.

Magnesium, the key component of Epsom Salt, is the second-most abundant element in human cells. It 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. Magnesium also reduces inflammation and relieves pain, making it a beneficial in the treatment of sore muscles. Soaking in an Epsom Salt bath is one of the most effective means of making the magnesium the body needs readily available. Plus, it's a great way to reduce stress after exercising.

Here are a few ways to incorporate Epsom Salt into your regular health and fitness routine:

- For soaking: add two cups of Epsom Salt to warm water in a standard-sized bathtub. Double the Epsom Salt for an oversized garden tub. Bathe three times weekly, soaking for at least 12 minutes.
- For compresses: use two cups of Epsom Salt per gallon of water for sore muscles.
- Foot bath: add one cup of Epsom Salt to a tub of warm water to relieve aching feet.

Epsom Salt also delivers sulfates needed for the formation of brain tissue, joint proteins and the proteins lining the digestive tract walls. 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.

Epsom Salt is extremely affordable and easy to find at most grocery, hardware or drug stores. For more information on Epsom Salt and its many uses go to www.epsomsaltcouncil.org.

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