



INCLUDES
NATURAL SEA
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EPSOM SALT



50 Miraculous Benefits, Uses
& Natural Remedies for Your
Health, Body & Home

Carmen Reeves

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Epsom Salt: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss)



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Figure out how to easily make a simple remedy for your everyday maladies - for your wellbeing, beauty, home - and it takes merely minutes! This book will be your guide to learning more about a seemingly basic, everyday product that can vastly improve your mind, body, health insurance and home. This practical book will help you to know very well what Epsom salts are, where they originated from, and what's in them. You may be struggling with a particular health problem, a garden that is lacking, or you want to know more concerning this all-natural, traditional material that your grandma used to add to her bath tub.**EPSOM SALT: 50 Miraculous Benefits, Uses & NATURAL TREATMENTS for YOUR WELLBEING, Body & Home** Discover 50 magical benefits of Epsom Salts today! The huge benefits you'll receive: • Detoxify your brain, body and soul with high-class sea bath recipes • Learn how to create your own beauty products using trusty Epsom salts • Learn how Epsom salts can help you for your first-aid needs • Understand the huge health benefits of Epsom salts • Spend less from expensive commercial and chemical-laden products for your wellbeing, beauty and home • Simplicity your body of pains and aches with soothing Epsom salt remedies • Jumpstart your bodyweight loss program with cellulite-busting Epsom salts • Home dilemmas? Epsom salts will help you! Get your copy today to reap the many great things about this miraculous mineral!



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The baths and gardening guidance all sounded lovely. This book is just full of methods to use Epsom salt! It's well written and has a great tone to it Wow, this reserve was surprisingly interesting, It's well crafted and has a great tone to it. With coconut oil and oils, makes a fantastic exfoliator. I am also using it to greatly help with arthritis in my shoulder! One Star Not worth the reading This is a cool short read This is a cool short read. It's amazing and it beats buying a pricey chemical substance to rub into my shoulder. And there are many a lot more uses for Epsom salt and you also can't beat the price! Blend with baking soda, and you also have a soft soothing bath. I hardly ever in my wildest dream could have thought to use Epsom salt to fertilize my plants! It was a fun, folksy It was a fun, folksy, and interesting read. I had no idea that you could utilize epsom salts to extend the growing season of a few of your garden plants or use to greatly help with stump removal! I've liked a lot of Carmen's books for all those same qualities. I've already used some of the recipes and suggestions in the book. I had a few of those, "Who understood?" moments as I was reading, and it wasn't costly, so do it now. Will tackle that first thing each morning, plus review the medical remedies. Versatility of Epsom salts It's the most amazing and versatile item. Thanks Carmen! Functions great!! I use it and would be lost without out Epsom Salts I by no means knew Epsom Salt was used for so many things. I am impressed and can definitely try a few of these remedies. Washing furniture or drape stains appears like all one requirements is Epsom Salts. :) Unless you try at least among the recipes for something, I'd be surprised. So content I got this publication as I did not really believe I needed it. I use the salt a whole lot and now will use it more. Wonderfully informing! I recommend it. I love the recipes. They are easy to follow and very simple, while being a natural way to improve your skin layer, body, and garden. In the bath it eases muscle tissues.! I wouldn't recommend any long term ingestion of epsom and may advise consulting with a doctor before even attempting it. A Lot of Helpful Bang For The Buck This book has a wealth of information, not only about Epsom salt recipes, but all the bonus materials she provides are an interesting and informative addition to this already very-affordable book. Once once again Carmen has taken us another book full of helpful information. And be sure to make use of the freebie books and non-Epsom salt quality recipes she is providing with this publication purchase. Love that recipe Many thanks so much - I understand how important magnesium is certainly however I had zero idea about how valuable this humble salt was! I am looking towards building some pink scented bath salts simply because gifts for friends. Like that recipe. Thanks again for sharing this information. A very important book. Highly informative. Many thanks ... An essential book. I had a lot of issue while reading and thankfully the web is my friend. Many thanks !! Highly informative. large amount of good information interesting book. Though, I do think you have to be careful when consuming Epsom salts. Four Stars Interesting A must for every home and garden Great info! Great recipes for therapeutic yourself! Epsom and a can of coconut milk audio sublime to soak in. Generally an excellent read at an acceptable price even easily didn't appreciate all the hyperbole used contacting is certainly "wondrous" and a "miracle remedy" and all that nonsense. It can trigger diarrhea or worse. I've used for foot baths for years, but didn't realize the rest of the uses. ? Epsom salt is a great product! Good book, plenty of uses for Epsom salt. I found most of the resources confirmed the info provided. large amount of good information



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