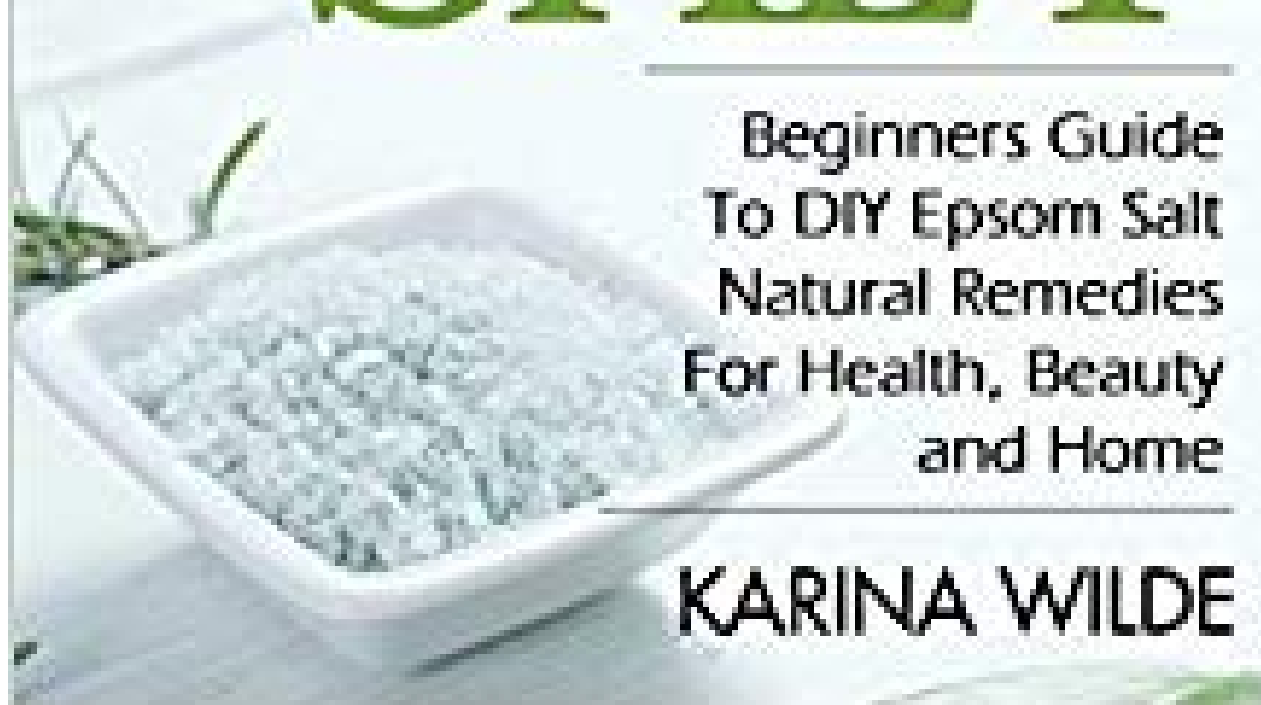




THE HEALING POWERS OF EPSOM SALT

Beginners Guide
To DIY Epsom Salt
Natural Remedies
For Health, Beauty
and Home

KARINA WILDE



Karina Wilde

The Healing Powers Of Epsom Salt: Beginners Guide To DIY Epsom Salt Natural Remedies For Health, Beauty and Home



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Over time we have come to understand of new natural remedies, while others are respected with folklore that has been handed down through generations, such as Epsom salt. Within nature, there is a bounty of organic occurring substances that when utilized properly, exhibit their full potential and enhance our lives. Everyone understands of Epsom salt for bathing reasons, but handful of us know any thing else about these amazing crystals. Composed of magnesium and sulfate, Epsom salts not only soothe sore muscle groups, but potentially unlock the entranceway to freedom from chronic and serious health conditions. Basic remedies of Epsom salts can improve your health, beautify your home and even add new life to your plants and garden. SCROLL UP AND CLICK 'BUY' TO ORDER YOUR Duplicate TODAY This book provides both of these what to you in a simple, straightforward format which will have you on the path to healing, health and beauty with bit more effort than simply pouring out a handful of natural, effective Epsom salt. While Epsom salt may seem magical, all you really need is an understanding of how they function and how to use them in your daily life.



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A treasure Actually this book exceeded my expectations. I only got this book since it was free. Four Stars as described Great Book Found alot of important and useful info concerning Epsom Salt in this reserve. Some that you know and others which you never find out about. The rating is suitable for all the info I received. Great ideas I always enjoy learning more about natural ingredients for my home and gardens."What goes around,comes around. Helpful and precise. Very informative and covers an array of uses both for the average person and family members. The book has recipes and mixes with measured amounts stated not only implied. I had no idea! Great ideas I encourage anyone looking for a healthier existence to get this book. There were so ma y methods to make use of Epson salts in this reserve, many of the concepts I had by no means heard of. Great read I found this book concise, informative. ? I recommend this book anyone searching for a natural healing and cleaning help. I would recommend it to all my friends. Which means this book was more than I discount for, just what a treasure. Come to find out there are some excellent tips. Old/New I recently tried an Epson Salt bath. Therefore thankful for learning the countless uses of the curative salts. Wow! Just wished it was bigger. I didn't know many of the things Epson Salt could be used for!.It really helped my pains and aches. I had not thought of using baking soda in combination with the Epson Salt many thanks for all your great quality recipes."Karina Wilde is a good lady. Wonderful book Wonderful book. I recommend it wholeheartedly.



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