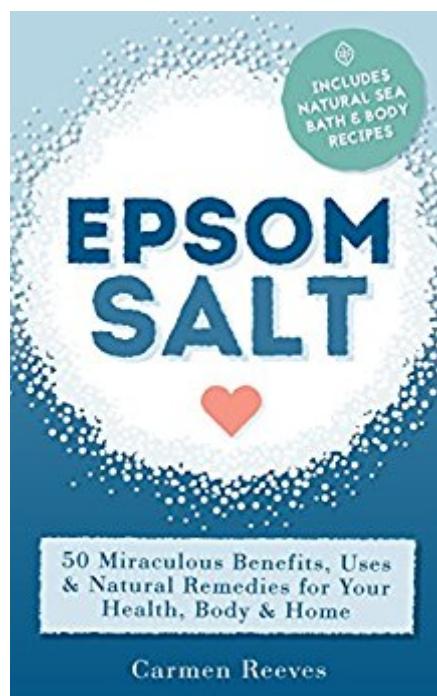


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# **EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies For Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss)**



## **Synopsis**

**EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home**

Discover 50 magical benefits of Epsom Salts today! This book will be your guide to learning more about a seemingly simple, everyday product that can vastly improve your mind, body, health and home. Perhaps you are struggling with a certain health problem, a garden that is lacking, or you just want to know more about this all-natural, traditional substance that your grandma used to add to her bathtub. This practical book will help you to understand what Epsom salts are, where they came from, and what's in them. Learn how to easily whip up a simple solution for your everyday maladies - for your health, beauty, home and garden - and it only takes minutes! The benefits you'll receive:

- Detoxify your mind, body and soul with luxurious sea bath recipes
- Learn how to create your own beauty products using trusty Epsom salts
- Discover how Epsom salts can help you for your first-aid needs
- Understand the vast health benefits of Epsom salts
- Save money from expensive commercial and chemical-laden products for your health, beauty and home
- Ease your body of aches and pains with soothing Epsom salt remedies
- Jumpstart your weight loss program with cellulite-busting Epsom salts
- Home and garden dilemmas? Epsom salts can help you! Download your copy today to reap the many benefits of this miraculous mineral!

## **Book Information**

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## Customer Reviews

Carmen Reeves does it again with another great holistic health-related book! I never knew there were so many great benefits and uses for Epsom salts. I use Epsom salts myself after long walks to soothe my feet, but Carmen has created several great recipes for Epsom Salt usage, not only for the body, but also for use all around the home and beyond! You'll be pleased with all the information in this ebook. Who knew such an inexpensive product could offer so many benefits! I even learned the history behind Epsom salts!

Wow, this book was surprisingly interesting, It's well written and has a great tone to it. I've liked many of Carmen's books for those same qualities. I had no idea that you could use epsom salts to extend the growing season of some of your garden plants or use to help with stump removal!

This is a great book. Don't let the fact that it's a short easy read fool you. It's full of great information.! The uses for Epsom salt are numerous ! I had no.idea it could be used to gargle with to treat a sore throat, or you could use it for cleaning your home,treat a bee sting or use it in your garden.I love that it can be used for so many different things. Making non toxic beauty products is something I never would have imagined you could do with Epsom salts. But you can, and I will ! This book is a must have !

Thank you so much - I know how important magnesium is however I had no idea about how valuable this humble salt was!! I am looking forward to making some pink scented bath salts as gifts for friends. Love that recipe. Thanks again for sharing this information.

This book is just full of ways to use Epsom salt! I never in my wildest dream would have thought to use Epsom salt to fertilize my plants! Works great! I am also using it to help with arthritis in my shoulder!! It's amazing and it beats buying an expensive chemical to rub into my shoulder. And there are many many more uses for Epson salt and you can't beat the price!!

This book has lots of good info and is written in a clear understandable manner. I was new to the subject, but went out at once and got some Epsom salts. I used a recipe in the book to prevent the

pain from a problem tooth and it worked perfectly. Plan to try other uses also.

I never knew Epson Salt was used for so many things. I am impressed and will definitely try some of these remedies. Cleaning furniture or drape stains sounds like all one needs is Epson Salts. Will tackle that first thing in the morning, plus review the first aid remedies. So happy I got this book as I did not believe I needed it. I use the salt a lot and now will use it more.

Wow, this book was surprisingly interesting, It's well written and has a great tone to it. I've liked many of Carmen's books for those same qualities. I had no idea that you could use epsom salts to extend the growing season of some of your garden plants or use to help with stump removal!

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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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Red Smoothies: Over 80 Blender Recipes, weight loss naturally, green smoothies for weight loss, detox smoothie recipes, sugar detox, detox cleanse juice, detox ... - detox smoothie recipes Book 260) DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas)

Epsom Salt: The Magic Mineral for Weight Loss, Eczema, Psoriasis, Gout, Garden, Relaxation & Other Applications (+33 DIY Top Health, Beauty & Home Recipes)

(Magnesium, Acne, Natural Hair Care) 365 Days of Decluttering and Organizing Your Home: DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Cookbook, ... Home Improvement (DIY Hacks Book 1) 365 Days of DIY Hacks - Home, Parenting, Pets, Gifts, Budget: (DIY Household Hacks, DIY Declutter and Organize, DIY Projects, DIY Crafts, DIY Books, DIY Gift, Do It Yourself, Home Improvement, Kids)

Epsom Salt: Holistic Recipes, Benefits, and Uses for Your Health, Home, and Garden Weight Loss: 20 Proven Smoothie Recipes For Weight Loss, Health, And Energy (Lose Weight Fast, Smoothies For Weight Loss, Smoothie Recipes, Lose Weight, ... Loss Smoothies, Weight Loss Motivation,)

Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) DIY Gifts: 50 Cute And Easy DIY Gifts In A Jar That Everybody Actually Wants: (DIY Projects, diy household hacks, diy Speed

Cleaning, tiny home living, ... everyday life, diy Speed Cleaning, gifts)) Weight Loss: 30 Days Weight Loss Challenge - Eat More Food Lose More Weight - Turn Your Weight Loss Vision Into Reality (How to Lose, Weight Loss Tips, Women, Weight Loss Nutrition, Diet Plan) Gardening: Air-Cleaning House Plants to Purify Your Home - DIY Home, Home Gardening & Indoor Gardening (Healthy Home, Gardening for Beginners, Container ... Hacks, Healthier You, Outdoor Gardening) BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) Natural Remedies for Dogs : 101 Safe & Natural Essential Oils' Remedies for Your DOG: (Natural Remedies For Dogs, Essential Oils Remedies For Dogs, Natural Dog Care, Recipes For Dogs, Home Remedies) Sugar Detox: How to Cure Sugar Addictions, Stop Sugar Cravings and Lose Weight with Sugar Detox Easy Guide (Include Sugar-free Recipes to Help You Get ... free Recipes, Detox Diet, Detox Cleanse) Essential Oils 2016: 200 Natural Beauty Recipes: Diffusers, Skin Care Remedies, Weight Loss, Aromatherapy: (Young Living Essential Oils Book, Natural Remedies) (Home Remedies, Aromatherapy) Juicing Recipes: 50 Tasty Juice Recipes for Detox, Weight Loss and Vitality (Holistic Health for Life: natural healing, pain reduction, weight loss, and recipe books) DIY Herbal Gardening - Learn The Benefits Of Planting The Top 5 Medicinal Plants (Herbal Gardening, DIY Herbal Gardening, Medicinal Plants, Herbal Medicines, Herbal Cure)

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