

Benefits of Bathing with Epsom Salt

Many athletes use Epsom salt as a natural remedy to help their bodies recover faster.

Epsom salt is made up of naturally occurring minerals magnesium and sulfate, which can help improve health in numerous ways. A lack of magnesium—which helps regulate the activity of more than 300 enzymes in the body—can contribute to high blood pressure, hyperactivity, heart problems and other health issues, doctors warn. Sulfate is essential for many biological processes. It helps to flush toxins and form proteins in joints, brain tissue and mucin proteins.

Why Epsom Salt Works

Doctors and researchers say that soaking in an Epsom salt bath is a safe, easy way to increase the body's levels of both magnesium and sulfate.