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# Epsom Salt: Holistic Recipes, Benefits, And Uses For Your Health, Home, And Garden



## Synopsis

Epsom Salt Holistic Recipes, Benefits, and Uses for Your Health, Home, and Garden This guide is meant to discuss some of the great uses of Epsom salt and why you should consider bringing it into your life. Most people have heard about these salts, but may assume that they don't really work or that using them is an old wives' tale. But Epsom salts are all natural, easy to use, and good for so many things in your daily life. Each chapter is complete with easy step by step DIY recipes that you can implement into your life. The benefits you'll learn: Detox, Stress Relief, Weight Loss, Reduce Aches and Pains, Natural Skin Care, No Synthetic Chemicals, Safe DIY alternatives. What are you waiting for? Scroll up and purchase this book and start reaping the vast benefits of Epsom Salt today!

## Book Information

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## Customer Reviews

This book was very well-written and delivered exactly what was promised. At first, I had never used Epsom salts, but now I use them all the time for various purposes. I've found that Epsom salts are an excellent muscle relaxer and work considerably well in the bath. My wife and I started using

Epsom salts in the bath because of their soothing properties. They are also excellent plant fertilizers. We started putting them in our houseplant sand have noticed significant improvement of the leaf veriegation as well as stem turgor and rigidity! Overall, this was a great informative read, and it was well worth the price! Thanks to the author!

I had heard a lot about Epsom salts from my friend, but I have never used these salts in my daily life. So I decided to try and bought the book. The author tells in detail about all the benefits of Epsom salts, to their use and application. I learned that these salts help to detoxify the body, reduces stress and is very useful for the skin. But the most important thing is that thanks to these salts, I began to lose weight. I only regret that I have not listened to my friend before. Thanks to the author for his work. I recommend this book.

This book opened a lot of important information as for epsom salt. Now I know that epsom salt can help with detox and relief the strees, plus it is very helpful if you wish to loose weight as well as reduce aches and pains. It has a lot of useful issues which I found out after reading this book and recommend you to do it.

This book explains what is Epsom salt and also it's benefits such as stress relief, weight loss and pain reduction. The author has a conversational style of writing and I felt that Holly was talking directly to me. I was convinced that Epsom salt is very effective and am excited to try to use it.

So many great tips & recipes! I had no idea that epsom salt was so useful for cleaning. I've always used epsom salt in the bath but now I have more bath recipes in addition to recipes for cleaning, weight loss, home remedies for common ailments & around the garden! Highly recommended!

Epsom salts are the one of the most versatile treatment options that we can choose. This kind of salt is the one of the best things that I have used so far and keeps my body healthy. It has so many benefits one of those is being a herbal remedies.

Great Book. Lots of valuable information for a new do it yourselfer. I love to learn new things and this is something that I really want to learn more about. I want to stop using chemicals and getting more into natural ingredients.

Magic Salt! I have long heard about its wonderful properties. In this book, I found many useful recipes and recommendations for its use. Most notably, it has almost no contraindications and it is the most natural mineral!

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