

Epsom Salt Bath

Contributed by Amaal

Epsom salt is a magnesium compound which assists in drawing lactic acid out of your system. A build up of lactic acid is often the cause of muscle soreness. Therefore, by reducing the amount of lactic acid in your muscles, you will reduce muscle stiffness.

The hot water of a bath also helps to reduce stiffness by increasing blood flow to the muscles and increasing the nutritional exchange between the muscles and the bloodstream.

CAUTION:

This type of bath is HIGHLY stimulating, therefore people who have serious circulatory problems (i.e. high blood pressure and severe varicose veins) should not take it.

Instructions:

Add 2 cups of Epsom salts to a hot bath (38° to 44° C). Soak for approximately 15 to 20 minutes. While in the bath, drink several glasses of fresh water to replace lost fluids from your body. When finished, get up carefully and cool your body down with either a cool shower or a cold cloth. Then rest and relax!