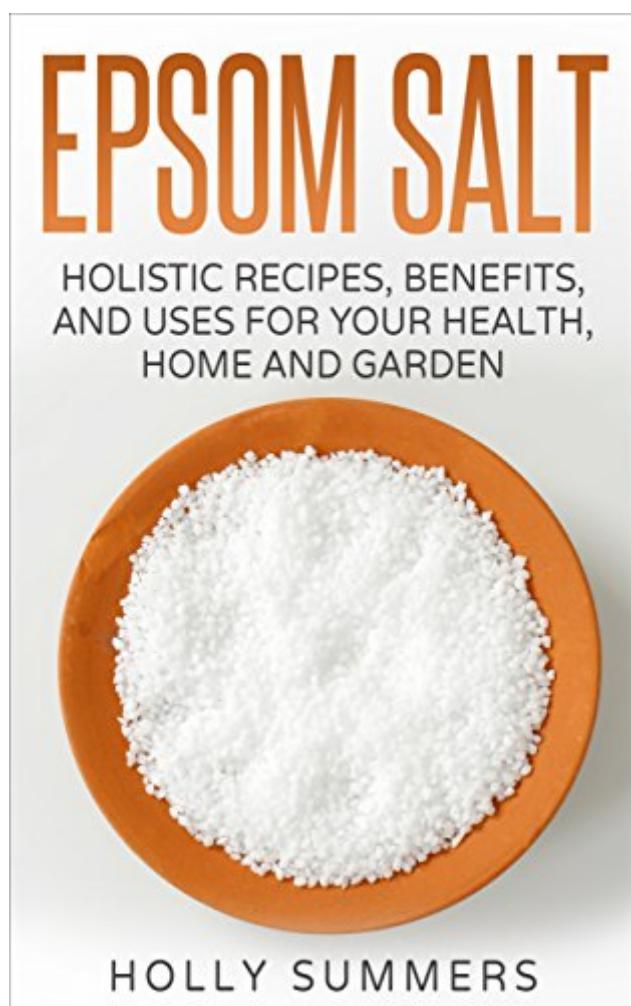


The book was found

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



Synopsis

Epsom SaltHolistic Recipes, Benefits, and Uses for Your Health, Home, and GardenThis 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 learnDetoxStress ReliefWeight LossReduce Aches and PainsNatural Skin CareNo Synthetic ChemicalsSafe DIY alternativesWhat are you waiting for? Scroll up and purchase this book and start reaping the vast benefits of Epsom Salt today!

Book Information

File Size: 1474 KB

Print Length: 50 pages

Simultaneous Device Usage: Unlimited

Publication Date: August 8, 2016

Sold by: Digital Services LLC

Language: English

ASIN: B01K38GH0K

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #137,758 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #27 in Kindle Store > Kindle eBooks > Medical eBooks > Alternative & Holistic > Holistic Medicine #49 in Books > Crafts, Hobbies & Home > Home Improvement & Design > How-to & Home Improvements > Green Housecleaning #95 in Kindle Store > Kindle eBooks > Crafts, Hobbies & Home > How-to & Home Improvements > Cleaning, Caretaking & Relocating

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 Epson 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 Epson 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!

[Download to continue reading...](#)

Epsom Salt: Holistic Recipes, Benefits, and Uses for Your Health, Home, and Garden Epsom Salt Beauty: 25 Amazing Recipes with Epsom Salts For Beauty, Health, Garden, Weight Loss, Pain Relief, Acne & Detoxification DIY Beauty Magic (6 in 1): Epsom Salt, Aromatherapy, Body Scrubs, Candles, Essential Oils and Lotions for Your DIY Beauty Routine (Body Care & Beauty Products) 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) The Military Advantage, 2016 Edition: The Military.com Guide to Military and Veterans Benefits (Military Advantage: The Military.com Guide to Military and Veteran Benefits) Sleisenger and Fordtran's Gastrointestinal and Liver Disease Review and Assessment (Sleisenger and Fordtrans Gastrointestinal and Liver) Annuals & Biennials: the best annual and biennial plants and their uses in the garden The Complete Book of Essential Oils and Aromatherapy: Over 800 Natural, Nontoxic, and Fragrant Recipes to Create Health, Beauty, and Safe Home and Work Environments 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) Amino Acids: The Way to Health and Wellness: Find Health and Healing from Depression, Addictions, Obesity, Anxiety, Sexual Issues, and Fill Nutritional Needs of Vegetarian and Vegan Diets Eat Fat and Get Thin, Fit, and Healthier Than Ever Before!: Easy Diet and Delicious Cookbook: Recipes for Dramatic and Sustainable Weight Loss (Includes 21 Day Meal Plan) Best Plants for New Mexico Gardens and Landscapes: Keyed to Cities and Regions in New Mexico and Adjacent Areas, Revised and Expanded Edition Die-cutting and Tooling: A guide to the manufacture and use of cutting, embossing and foiling dies, anvils and cylinders Low-Dimensional and Nanostructured Materials and Devices: Properties, Synthesis, Characterization, Modelling and Applications (NanoScience and Technology) The Essential Executor's Handbook: A Quick and Handy Resource for Dealing With Wills, Trusts, Benefits, and Probate Mosaics for the Home and Garden: Creative Guide, Original Projects and instructions (Art and crafts) (Volume 1) Canning and Preserving for Dummies: 30 Healthy and Delicious Canning Recipes: (Canning And Preserving Recipes, Canning Recipes Cookbook) (Home Canning Recipes, Pressure Canning Recipes) GROWING HERBS: How to Grow Low cost Indoor and Outdoor Herbs in containers, for Profit or for health benefits at home, Simple Basic Recipes (How to grow herbs, growing herbs for beginners) Essential Oils for Dogs: 100 Easy and

Safe Essential Oil Recipes to Solve your Dog's Health Problems (Alternative animal medicine, Small mammal Medicine, Aromatherapy, Holistic medicine) Kama Sutra: The Total History Of The Ancient Kama Sutra and Modern Uses Of The Love Book (Kama Sutra Love Book, Ultimate History)

[Dmca](#)