



"Super Saturation" Epsom Salt Bath

An effective method of removing edema and inflammation in extremity joints is through the process of a "super saturation" bath, made of tap water and Epsom salt. The Epsom salt can be purchased inexpensively at your local grocery store.

To make an effective bath, boil one to two gallons of water in a large cooking pot. Once the water has reached the boiling point, liberally add in three to five pounds of Epsom salt - the more salt, the more effective the bath. Stir the solution until all the salt has dissolved into the water. Turn off the stove and allow the solution to cool to room temperature. **Once the solution has been made, there is no need to reheat it again.**

If the area that you plan to soak is larger than your cooking pot, move it into a Tupperware pan or empty five gallon bucket. If additional water is needed, you may want to boil additional water and salt and add it to your original solution.

Place the container next to your favorite chair and submerge your injured joint so that it is completely beneath the water level. **Proper soaking is suggested for 30 minutes one to two times/day.** The Epsom bath will gradually and safely draw swollen fluid through your skin to assist in the healing process.

Cover your bath solution with cardboard or cellophane plastic between uses to avoid evaporation. **This solution can be used for one to two weeks** (if covered properly between uses). If further soaks are needed, a new bath is suggested. Remember to leave the water at room temperature or tepid.

An entire body soak is advisable if you are experiencing diffuse muscle and joint pain throughout your entire body. Simply add as much salt to the hot bathtub water that you desire, and soak for 20-30 minutes.

*****Ground fresh ginger root** wrapped into a cotton cloth, boiled for two minutes, and added to a hot bath will help with muscle and joint pain. Scrubbing with the ginger pulpous wrap will help with swelling and exfoliate your skin.

*****After soaking, wash the body area with clean water** to avoid the salt buildup on the skin and cuticles. Moisturize as needed.

DO NOT LEAVE AN UNATTENDED WATER BATH AROUND INFANT CHILDREN OR PETS.