

Fight negative effects of stress in 20 minutes

Stress is an over abundant natural resource many of us would rather to live without. Ulcers, mood swings, or headaches are some of the obvious consequences of stress. But what is not so obvious is the physical changes and physiologic warfare going on inside of your body everyday in response to stress.

A stressed body is an inflamed body. Chronic inflammation wreaks havoc on the body. Did you know that research suggests inflammation may be an underlying cause of widespread problems like heart disease, anxiety, and depression? Crazy right? Well there are simple things you can do that will help you battle "Body Flame". Here's one thing you can start doing today.

EPSOM SALT BATH – Not just an old wives tale

Epsom salt is magnesium sulfate. Why do we need magnesium??

- Needed for nerve function, muscle contraction and GI function.
- Needed for energy production and immune system health
- Needed to produce parathyroid hormone, which is needed to regulate calcium. Calcium regulates muscle and blood vessel contraction and relaxation.
- Needed for B6 to be absorbed.
- Slows down the aging process by decreasing your vulnerability to free radicals.

Why would the body be low in magnesium?

- ✓ Our soil has 50% of the magnesium it contained 100 years ago, so our vegetables are lower now in magnesium.
- ✓ Fat, meat and dairy products (American diet staples) are low in magnesium & diets high in fat & protein interfere with both calcium & magnesium absorption.
- ✓ The calcium in dairy actually competes with magnesium in the GI tract, and calcium will win.
- ✓ Cooking processes, such as dry roasting and milling, often lower the magnesium level in our food.
- ✓ Sugar in your food depletes magnesium.
- ✓ Phosphates in soft drinks and luncheon meats bind with your magnesium, causing it to pass from your body without being absorbed.
- ✓ Physical and emotional stress further reduces magnesium levels.

Why Epsom salt bath & magnesium pills?

Transdermal (absorption through skin) magnesium

1. Does not compete with calcium in the GI tract
2. Does not get re-moved by the kidneys
3. Cannot cause diarrhea.

The sulfates are also beneficial for your nervous system and absorb through the skin as well.

How Much Do I Need?

According to *Dr. Mildred Seelig & Cheryl Wardlaw*, it depends on your lifestyle. Normal lifestyle requires less magnesium than an Active or Stressed lifestyle.

Normal Lifestyle = 2.4mg/lb
Active/stressed = 4.5mg /lb

With this formula, 125lb individual with a normal lifestyle requires 300mg of Mg per day, while an active/stressed individual requires almost twice as much!

Epsom Salt Bath

- 2 cups in pelvis deep bath or 1 cup in ankle deep foot bath ≈ 200mg
 - ✓ Cool or warm water
 - ✓ 20 – 25 minutes

Magnesium oil Spray

- 8 sprays rubbed into skin ≈ 100mg
 - ✓ Do not use on face or sensitive areas

Keep it cute!