



Why floatation tanks use Epsom salts

Epsom Salt Floatation Tanks are an excellent way of combating stress, alleviating muscular aches and pains.

Epsom salts Magnesium Sulfate / Magnesium Sulphate ($\text{MgSO}_4 \cdot 7\text{H}_2\text{O}$) has been used for centuries as an effective cure all.

Soaking in Epsom salts has been found to **stimulate lymph drainage**, and **promote the absorption of Magnesium** and **Sulfates / Sulphates**.

Magnesium is the **second-most abundant element** in **human cells** and the fourth-most important positively charged ion in the body, so it is little wonder this low-profile mineral is **so vital** to **good health** and **well being**. Magnesium, a major component of Epsom Salt, also helps to **regulate the activity of more than 325 enzymes** and **performs a vital role** in orchestrating many bodily functions, from **muscle control** and electrical impulses to **energy production** and the **elimination of harmful toxins**.

Magnesium levels have **dropped by half** in the **last century** due to changes in **agriculture** and diet. **Industrial farming** has **depleted Magnesium** from **soil** and the typical diet contains much less Magnesium than that of our forefathers. In fact, the modern diet with its **fat, sugar, salt and protein** actually works **to speed up the depletion** of **Magnesium from our bodies**.

57% of the **US population does not meet** the **US Recommended Dietary Allowance** for dietary intake of magnesium.

Researchers and physicians report that raising your magnesium and sulphate levels may:

- **Improve heart and circulatory health, reducing irregular heartbeats, preventing hardening of the arteries, reducing blood clots and lowering blood pressure.**
- **Improve the body's ability to use insulin**, reducing the incidence or severity of diabetes.
- **Flush toxins and heavy metals** from the cells, **easing muscle pain** and **helping the body to eliminate harmful substances**.
- **Improve nerve function by regulating electrolytes**. Also, calcium is the main conductor for electrical current in the body, and magnesium is necessary to maintain proper calcium levels in the blood.
- **Relieve stress**. Excess adrenaline and stress are believed to drain magnesium, a **natural stress reliever**, from the body. Magnesium is necessary for the body to bind adequate amounts of **serotonin**, a mood-

elevating chemical within the brain that creates a **feeling of well being** and **relaxation**.

- Prevention or easing of migraine headaches.

When using a float tank Magnesium is absorbed through the skin due to natural molecular diffusion, the body optimizes the levels of Magnesium, so there is no overload effect from floating in the salts for extended periods.

While **increasing** your **Magnesium levels**, Epsom Salt also **delivers sulfates / sulphates**, which are **extremely difficult to get through food** but which **readily absorb through the skin**. Sulphates serve a wide variety of functions in the body, playing a **vital role** in the **formation of brain tissue**, joint proteins and the Mucin proteins that line the walls of the digestive tract. Sulphates also **stimulate the pancreas** to generate digestive enzymes and are believed to help **detoxify** the body's residue of **medicines** and **environmental contaminants**.