

Magnesium Salt Baths: Our Family Routine

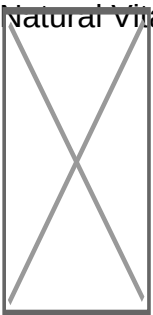
Description

Almost every day for the past two weeks, [Going Mom](#) has been making a magnesium salt bath for us to soak our feet in at night. Our family has been well-informed of the benefits magnesium has to offer for a while, but only recently started the magnesium salt bath.

Most of the general population is deficient in this vital element; yes, that means you probably are lacking! Poor food quality from low-nutrient soil, excess caffeine, chemicals like fluoride and chlorine, and stress all play a role in depleting our magnesium levels. Do you have any of the signs in the graphic below? If so, magnesium might be all you need to relieve your symptoms.



Finding a natural source of magnesium is better than resorting to medicine which only masks your symptoms and never cures the problem. My wife and I were taking an oral form of magnesium from Natural Vitality called Natural Calm.



We like the unflavored version, but they have [Lemon](#), [Raspberry](#), [Orange](#), [Cherry](#), and [Raspberry Lemon](#) flavors as well. All Non-GMO and free of sugar. Whatever you choose, all you do is add 1 1/2 teaspoons of powder to a small 4 ounce glass of water, let it fizz, then drink. Just be careful, if you up the dose, youâ€™ll have a littleâ€™.eh hmmm, gastro issues. I speak from experience. ðŸ™,

The thing is, is that magnesium taken orally may not be the best way for our body to absorb the mineral. Poor gut health and the aforementioned stress (I know we all deal with it!) are the major reasons for this malabsorption.

Plus, since our skin is our biggest organ, it has a super ability to absorb nutrients and deliver to the body, and rid the body of toxins from the environment or the vast array of cosmetics that people use. Thus, weâ€™ve created a new nightly routine of magnesium salt baths.

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Every night, while I prepare dinner, [Going Mom](#), prepares a magnesium salt bath using [Epsom Salt](#) (which becomes magnesium in water) or [Magnesium Flakes](#). Thereâ€™s a long list of benefits, but

here are a few of the most important ones.



As much as I hate to face the fact, we are all getting older, and kids sure can put a toll on us from playing with and caring after. Giving our body a break with a simple magnesium bath just might be the answer to rejuvenate us and prepare us to face a new day of kids, work, and life in general.

While I donâ€™t have any quantitative measurements to give you, I will say that our family of three have all been sleeping better lately. Yes, even our crazy toddler sleeps fairly soundly all through the night. Soaking our feet for around twenty minutes ([unless someone has an unexpected potty break](#)) sets the tone for a peaceful dinner (usually) and an overall calming night (again, usually).

Iâ€™m no doctor, so I canâ€™t promise your ailments be relieved when you introduce either oral, topical, or both forms of magnesium, but I am confident you will notice some form of beneficial change. The best thing is that there little to no side effects for at least trying, so give it a shot and see how your life improves. It certainly has made us a happier family!



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