

POSSIBILITIES FOR AUTISM

Feel Better + Live Better

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Epsom Salt and Other Detox Baths Can Reduce Irritability and Even Prevent Meltdowns

Sometimes I find the best remedies for my son by observing what works for me. I hate to admit it to you but I must be honest. I can get really irritable. Ever since I've started employing this simple habit, my irritability has gone down a LOT. I've started using it with my son, and he is much calmer too.

Detox Baths Are Amazing!

I've started taking 3-4 detox baths a week, and I can't believe how much calmer and easy going I feel! I've taken detox baths for years, but I had never done them consistently enough to notice how much calmer they make me feel all week long! I've found that my son is much calmer when he has regular detox baths too.



What's a detox bath?

There are many things you can use for a detox bath. Probably the most common is Epsom salt baths. Some parents who are concerned about parasites are giving their children swimming pool salt baths. I'll say more about that later.

For now, let's focus on perhaps the most common type of detox bath, Epsom salts.

Why Epsom Salts Help:

Epsom salt, magnesium sulfate, contains magnesium and sulfur, and just as with a medication patch, the magnesium and sulfur in a bath penetrates the skin and provides nourishment that helps us feel more calm and relaxed.

Magnesium: Many of our kids are low in magnesium (and sulfur). Magnesium helps with stress, anxiety, and concentration. It even helps our body regulate blood sugar. So, you can imagine how magnesium can reduce irritability.

Sulfur: Sulfur is one of the most common elements in the human body and is associated with many important functions. For our purposes, sulfur is especially helpful with Phase 2 detoxification of the liver.

How to take an Epsom Salt bath?

Fill your bathtub with the warmest water that is comfortable for your child. Use $\frac{1}{2}$ cup of Epsom salt in your child's first Epsom salt bath. Let the salt dissolve and then let your child enjoy playing in the tub. Ideally, keep your child in the tub for 20+ minutes.

Add Epsom salts to your child's (and your) bath 1-4 times a week.

Gradually increase the amount of Epsom Salt to 1 or 2 cups per bath.

Where to Buy Epsom Salt

Epsom salts are easy to find at your drug store, Costco and other warehouse stores. Buy a large bag.

Why Some Parents are Using Pool Salt Baths Instead?

If your practitioner is concerned that your child has parasites, he/she may suggest that you use pool salt baths instead. This is because parasites feed on magnesium. Pool salt, unlike Epsom salt, does not have magnesium and is a better option for children with parasites.

To make a pool salt bath, purchase a 40 pound bag of pool salt from a swimming pool supply store or your hardware store. Put 9 pounds of pool salt in the bath. (No, that's not a typo. I said 9 pounds!) At first, I found it difficult to dissolve 9 pounds of salt in the bath. Then, I discovered that the trick is to swish the pool salt throughout the entire bathtub. I was just trying to dissolve it at the end of the tub under the faucet of running water. Didn't work well!

Your child won't take a bath?

If your child refuses baths, try giving him/her a foot bath using a smaller quantity of either type of salt.

Detox Baths are a Quick and Easy Way to Help Your Child Feel Better and Behave More Calmly

Whether you use Epsom salts, pool salts or other types of detox baths, you are going to be pleased to see how much better your child feels and thus, how much calmer he or she is.

Be sure to treat yourself to regular detox baths too. You'll feel the difference!

 **AUTISM, ADHD, LEARNING DISABILITIES, AND MORE, REDUCING OR ELIMINATING TOXINS**

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