



Magnesium Oil

It's easy to make and it's a great way to deal with muscle cramping.

Muscle cramping is common during fasting, and magnesium supplementation can often alleviate it. However, oral supplements are not always absorbed properly in our digestive system, making them less effective. But that is not the only way to get more magnesium. It's also possible to absorb it through the skin.

Epsom salts are inexpensive and commonly available magnesium salts. You can find them in most drug stores. Traditionally, you put a cup or two of these Epsom salts into a warm bath and soak for 30 minutes to allow absorption of the magnesium through your skin. This works well, but many people today rarely take baths, or may not have a bathtub at home.

Commercial magnesium oil or gel can be sprayed on your skin allowing the time needed for absorption without needing to take a bath. These are available at most health care stores, but they can be expensive. It's easy to make it at home and save some money.



How to Make Magnesium Oil

1. Bring 1 cup of distilled water to a boil
2. Dissolve 1 cup of Epsom salts or magnesium sulfate into the boiling water.
3. Once dissolved, let cool and then store in a bottle or spray bottle

