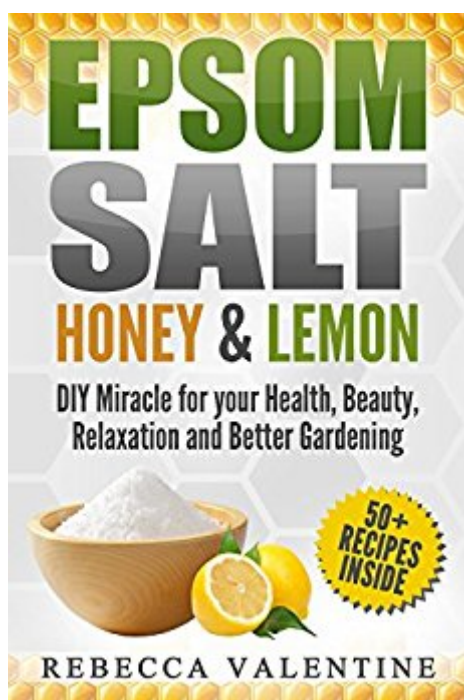


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# Epsom Salt, Honey And Lemon: DIY Miracle For Your Health, Beauty, Relaxation And Better Gardening



## Synopsis

Epsom Salt, Honey and Lemon Relieve Anxiety, Depression, Greatly improve Hormonal mood swings, Reduce RLS, Detox, Treat Eczema and Sunburn, remove Blackheads, Shrink Skin Pores, reduce Cellulite, prevent Baldness and so much more. For your garden, help grow more green foliage, get rid of garden pests, produce more fruits that are sweeter and juicier, grow bigger tomatoes, pepper and even beautiful Roses. As an herbalist for last 27 years, I have been an avid user of three wonders of the world, Epsom salt, honey and lemon. You may wonder why these three out thousands of nature's other wonders. Well if you read this book, you will understand why I am so passionate about this three. I have seen other book on these topics, but most don't go in the true depth of all the key benefits, as most are written by only doing Google search. For me, this is far from Google research; this is my profession, my life, and my passion. Everything I shared in this book, all the recipes, remedies and tips, each and every one of them have been tried and tested by me many times over. Making Epsom salts, honey, honey byproducts, and lemons part of your everyday routine is a non-toxic, non-invasive and inexpensive way to take responsibility for your own well-being. If you have all three of them on hand, then you have a minimal at-home pharmacy that is versatile enough to handle a variety of conditions, and as also discussed at the end of every chapter, you also have an arsenal of home-made nontoxic cleaning and gardening products that are actually good for the environment!

This Is A Three Part Book, After Reading, You Will Learn:

Part 1 Epsom Salt

- History of Epsom salt
- 20 Key Health Benefits of Epsom Salt
- 11 ways to use Epsom salt for Mood and Mental well-being
- 9 Soothing Bath recipes
- 7 Healing Bath Recipes
- 9 Essential use for home and garden transplants
- How to use Epsom salt as garden bug repellent and soil amendment
- Tips and Tricks for Adding Epsom salt to your daily routine

Part 2 Honey

- The power of Honey
- 18 Essential benefits of using Honey
- Healing with Beeswax
- Healing with Honeycomb
- 12 Ways to add Honeycomb to you daily diet
- 9 Ways to use Honey as healing food
- How to buy the right honey
- 29 Medicinal use of honey
- 12 ways to use Honey for beauty
- Tips and Tricks for using beeswax, Honeycomb and raw honey for home and health

Part 3 Lemon

- 16 Essential Health benefits of Lemon
- 12 Ways to add more raw lemon to your diet
- 6 Must use medicinal use of Lemon
- 14 Beauty use of Lemon
- Lemon for Home cleaning
- Tips and Tricks for using lemon the best possible ways

Once you finish reading this guide, I want you to try at least one of the remedies I outlined here; I guarantee you will enjoy the benefit of natural healing without any adverse or side effects. Good luck and enjoy!

## Book Information

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## Customer Reviews

I knew Epsom salt was good for all types of muscle fatigue and stress but honestly didn't have any idea that this salt along with some essential oil can give relief for cold, flu and congestion. As I was reading this book, my brother was suffering from the seasonal flu and I made the bath for him to try out. Amazingly enough he felt a lot better afterwards!!!! I will be trying the 20 some other bath ideas and recipes she provided here and hopefully will be able to report back.

All three mentioned in this book are truly miracles but not sure if Epsom salt is considered natural, but all the benefits this salt offers I sure this of it as a God send. I think the author did a great job sharing many bath recipes most of which I knew but not all, I didn't know you can clean tile with it. But the honey part of the book is where I did learn a lot. I give this book two thumbs up.

Found this book when it was on a free promo. I must say I am glad I downloaded it. Never knew there are so much great health benefit and remedies packed into Epsom salt, Honey and Lemon.

Well, especially the Epsom salt and all the use and recipes she shared in this book. I already tried two and found them to be very helpful and soothing. This is a must read for everyone.

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Miracle Epsom Salt: 25 Best Recipes For Weight Loss, Eczema, Psoriasis, Gout & Much More! : (Benefits & Uses, Epsom Salt Recipes, Health) DIY: 365 Days of DIY: A Collection of DIY, DIY Household Hacks, DIY Cleaning and Organizing, DIY Projects, and More DIY Tips to Make Your Life Easier (With Over 45 DIY Christmas Gift Ideas) Epsom Salt: The Magic Mineral for Weight Loss, Eczema, Psoriasis, Gout, Garden, Relaxation & Other Applications (+33 DIY Top Health, Beauty & Home Recipes) (Magnesium, Acne, Natural Hair Care) EPSOM SALT: 50 Miraculous Benefits, Uses & Natural Remedies for Your Health, Body & Home (Home Remedies, DIY Recipes, Pain Relief, Detox, Natural Beauty, Gardening, Weight Loss) Epsom Salt: The Magic Mineral For - Weight Loss, Eczema, Psoriasis, Gout & Much More! (Yeast Infection, Enema, Acne, Dead Sea Salt, Sea Salt, Magnesium, Natural Hair Care) Ultimate Gardening Book: 5 Gardening Books in 1: Square Foot Gardening, Container Gardening, Urban Homesteading, Straw Bale Gardening, Vertical Gardening Gardening: Gardening For Beginners: A beginners guide to organic vegetable gardening, beginners gardening (gardening for beginners, Gardening, Vegetables, marajuana, Permaculture) Epsom Salt: The Magic Mineral for Weight Loss, Eczema, Psoriasis, Gout, Garden & Relaxation + The 33 Best Recipes Beekeeping: An Introduction to Building and Maintaining Honey Bee Colonies (2nd Edition) (beehive, bee keeping, keeping bees, raw honey, honey bee, apiculture, beekeeper) DIY Household Hacks for Beginners: DIY Hacks For Cleaning And Organizing, Increased Productivity, Declutter your Home (DIY Home Improvements, DIY Household ... And Organizing, Increase Productivity) DIY For Men: Woodworking, Ham Radio, Blacksmithing, Homemade Weapons and Even DIY Internet Connection: (DIY Projects For Home, Woodworking, How To Build A Shed, Blacksmith, DIY Ideas, Natural Crafts) Gardening: Organic Gardening Beginners Guide: Growing Vegetables, Herbs and Berries (Gardening, Beginners Gardening, Organic Gardening, Vegetable) Hydroponics: Secrets Of Hydroponic Gardening - A Practical Guide For Beginners To Learn Everything About Hydroponic Gardening (Greenhouse Gardening, Organic Gardening, Basics Of Gardening) Gardening: The Complete Guide To Mini Farming (gardening climatic, gardening herbs, ornamental plant, Square Foot Gardening, Small Space Gardening, Mini Farming For Beginners) Gardening: An Easy Guide for Growing a Sustainable Garden (Gardening, Organic Gardening, Vegetable Gardening, Home Garden, Container Gardening, Horticulture, Agriculture, Hydroponics,) Gardening: A beginners guide to organic vegetable gardening, beginners

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