

Excerpted, with editing, from “Potatoes as Food and Medicine - Epsom Salt: Its Value and Use and the Cleansing Saline Fast.” By Dr. H. Valentine Knaggs (1963). Supplied by Linda Edenfield, Fantasy Tan & Float, San Bernardino, CA

Many Years ago Epsom Salt was the most popular medical drug in England, although the people who used it did not know exactly why it was so valuable. They knew nothing of its antiseptic and antidotal qualities, but they did understand that in some way it was good for health and promoted longevity. They found by experience that not only did it keep away sclerosis, kidney diseases and rheumatism, but that it also was very useful in correcting any tendency to put on too much weight.

Epsom Salt is now made from a rock substance called Dolomite, which is found abundantly in, and derives its name from, a mountainous district in the South Tyrolean Alps called ‘The Dolomites.’ When examined by the chemists, this Dolomite rock is found to belong to a very large group of substances known as ‘salts’ in which an alkaline base is combined with an acid radical to form a neutral substance the ‘salt.’ It consists of two metals, calcium and magnesium, combined with two non-metallic elements, carbon and oxygen, and takes the form of a neutral double salt known as carbonate of calcium and magnesium.

It is important to note that Epsom Salt is also a ‘salt,’ but instead of being made of magnesium, oxygen, and carbon, as is the case with the carbon salt, its constituents are magnesium, oxygen, and Sulfur. Chemically it is known as Magnesium Sulfate. Magnesium Sulfate is not found in a natural state, so it has to be made artificially from some suitable magnesium-containing substance. The substance best suited for this purpose is Dolomite, as mentioned above. In passing, however, it may be stated that Magnesium Sulfate was formerly made from “Bitten,” a derivative of seawater, which actually contains an appreciable amount of Magnesium Salts combined with the Sodium Chloride which is its chief ingredient.

The Secret of its Value

As mentioned earlier, in the process of manufacture, the carbon ingredient of the Magnesium Carbonate has been replaced by another non-metallic element, namely Sulfur, forming Magnesium Sulfate. The magnesium prefers carbon to Sulfur and this Sulfate will, therefore, readily give up its Sulfur and seize upon carbon whenever a favorable opportunity for making the exchange presents itself. And the affinity of Magnesium Sulfate, or Epsom Salt, for carbon is the point to be remembered, for herein lies the secret of its great value for medical purposes. Carbon, in one form or another, is the main constituent of the building materials which go to form our vegetation and so, in turn, to provide our foodstuffs. And it is in the crude form of carbon that the waste products of the human body are thrown off. The magnesium draws out the carbon and renders the now inert residue soluble, thereby facilitating excretion.

The Remedial Action of Epsom Salt

It has already been pointed out that the distinguishing feature of the action of Epsom Salt is that, as an artificially made salt of magnesium, it is ever trying to revert to its original carbon state, and that because of this affinity for carbon and carbon compounds it renders valuable aid in dealing with diseased conditions of the body.

So far as its medical action is concerned, it should be kept in mind that the human body subsists entirely on food, which contains carbon ingredients, and that the waste emanating from this food takes the form of carbon. This is the daily routine of a person in robust health. The greater part of this carbon waste passes out of the human body through the lungs or bronchial tubes in the form of a carbon compound known as carbon dioxide or, as it is usually called, carbonic acid gas. The process whereby the carbon waste matter is converted into carbonic acid gas is a form of combustion known as oxidation.

In order that the unused carbon of the food material should be disposed of in this way, it is necessary that the blood and the tissues should be supplied with sufficient oxygen to bring about this oxidation. If the requisite quantity of oxygen is not forthcoming to complete the process, retarded combustion ensues and this results in the formation of partially oxidized forms of carbonaceous waste, such as uric acid and other acids and toxins, which are the outcome of putrefaction.

The partially oxidized carbon compounds are apt to accumulate in the blood and in the tissues, thereby giving rise to ill health and disease. It is here that Epsom Salt, rightly administered, proves great value. By its strong affinity for carbon and carbon compounds, it absorbs and nullifies this harmful waste in the manner already described and so acts as a beneficial remedial agent.

Taken internally in small doses, Epsom Salt acts on the kidneys, and by increasing the action of these organs brings about a greater elimination of waste matter through these channels. Its chief value, however, lies in external application, because of its power of drawing stored tissue wastes from the body through the skin.

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