

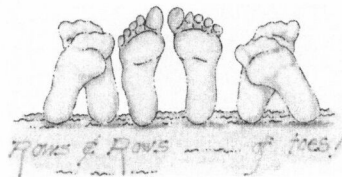
Advanced Ankle and Foot

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To treat an infection on the hands or feet with Epsom salt, add a half cup of Epsom salt to a pan of warm water, and soak the hands or feet in the water for at least 10 minutes. If you have a skin infection in a hard-to-reach part of your body, dissolve 2 cups of Epsom salt into warm water in a full bath tub and soak your body for at least 10 minutes.

Use twice per day



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