



Recent research in Birmingham University, at the [School of Biosciences](#) has shown an amazing result. Magnesium and sulphate will pass through the skin, raising the levels detected in the blood. This can have important benefits to health because both Magnesium and Sulphate deficiency are common.

Magnesium is found in vegetables and grains, derived from the ground in which they are grown. However many soils are magnesium deficient either naturally or through over cropping. Magnesium is also found in sea water. It is essential to life and deficiency is linked to many diseases including cardiovascular disease. See: www.mgwater.com

Sulphate (sulfate) is also essential to life in several ways. Sulphate is essential for the formation of proteins in joints, also for digestive enzymes and the gut wall lining. Furthermore sulphate is essential to the formation of brain tissue and is also involved in detoxification. Sulphate is not easily absorbed from the diet.

Bathing in magnesium sulphate is therefore a significant, safe and easy way to correct deficiency. The evidence also shows that surplus is naturally removed by the kidneys, just as it is if you have surplus in the diet.

