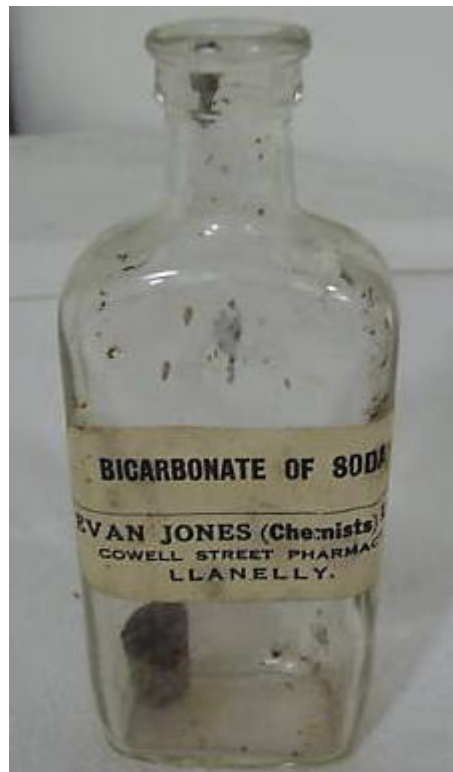


# Over 75 Uses For Sodium Bicarbonate (Baking Soda)



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Baking soda is a fine powder that is actually a chemical compound. It is a powerful alkalizing agent for all body systems, due to the action it has when it is added to liquid. When placed in water or other liquid, bubbles of carbon dioxide are created. Throughout its history, people have found it extremely useful for baking, but also for many other health issues due to its ability to alkalize.

In the 1925 booklet from the Arm & Hammer Company for colds and influenza, it was recommended to take the following dosages:

- During the first day take six doses of half teaspoonful of Bicarbonate of Soda in glass of cool water, at about two hour intervals.
- During the second day take four doses of half teaspoonful of Bicarbonate of Soda in glass of cool water, at the same intervals.
- During the third day take two doses of half teaspoonful of Bicarbonate of Soda in glass of cool water morning and evening, and thereafter half teaspoonful in glass of cool water each morning until cold is cured.

Sodium bicarbonate is the chemical name for what Arm & Hammer made famous as baking soda over 150 years ago. It is a substance that is derived from a mineral that occurs naturally in nature, and it is one of the safest and most versatile substances known to man. It is instrumental in helping to maintain the pH balance of the bloodstream when taken internally.

A word of caution however. The Arm & Hammer dosing instruction state not to exceed seven doses of ½ teaspoon per day, or three doses of ½ teaspoon daily if you're over 60 years of age. You should also not use the maximum recommended dosage for a period of more than two weeks, no matter what your age.

**Hint:** If you would like to regularly alkalize the body, take ½ tspn of baking soda mixed with 1 large glass of warm or hot water just before bedtime or about 2 hours after dinner. For the best results, be sure to drink it all at once. The next day, preferably in the morning, test your pH with a pH test strip to see how alkaline your urine is. It should have a reading of around 6. If your pH is still below 6, you may want to increase your dosage to 1 heaping teaspoon of baking soda per cup of water, and continue until you are able to maintain a pH of 6. Dosing at bedtime can help you to prevent urinary pH

from dropping too low overnight. It can also help to reduce painful deposits in joints, especially in toes and fingers. This is a process that you may wish to continue for a while, at least until you have worked on other lifestyle and dietary measures to help you reduce the acidic load on your body.

### **Historical Health Uses**

- Use it as an antacid or for heartburn – ½ teaspoon in cup of warm or hot water
- Use it as underarm deodorant by applying it with a powder puff or even more effective is to combine it with coconut oil, cornstarch/arrowroot powder and some magnesium oil.
- Add a little bit of baking soda to shampoo to rid hair and scalp of styling products build up. It also works very well to neutralize oily hair and scalp.
- Mix 1-2 Tbsp to one cup warm water and spray it onto dry hair while in the shower, wait about a minute and rinse with cool water. Great hair, no oil, no buildup and not shampoo costs.
- Mix half a teaspoon with peroxide paste and use it as toothpaste and to help whiten teeth (careful of overuse as it can make teeth sensitive).
- Use it to clean your retainers and dentures.
- Use it as a face and body scrub.
- Add a cup to bathwater to soften your skin.
- Relieve skin itch from insect bites and pain from sunburn.
- Remove strong odors from your hands by rubbing them with baking soda and water.
- Put two tablespoons in your baby's bathwater to help relieve diaper rash.
- Use baking soda to gently remove cradle cap from baby's head.
- Apply it on rashes, insect bites, and poison ivy irritations.
- Take a baking soda bath to relieve skin irritations.
- Freshen your mouth by gargling half a teaspoon of baking soda mixed water.
- Relieve canker sore pain by using it as mouthwash.
- Use it to relieve bee stings.
- Use it to relieve windburns.
- Apply it on jellyfish sting to draw out the venom.
- Unblock stuffy nose by adding a teaspoon of baking soda to your

vaporizer.

- We used the baking soda one night after we came in from a full day of shifting 5 trailer loads of dirt and getting so stiff that we could hardly stand up straight. We figured that the baking soda would neutralize the lactic acid and reduce the stiffness. Wow, what a result. The next day you would hardly know that we had been stiffening up the night before as we felt great – highly recommend for use after this kind of high sustained energy/exercise situation.

### **For the Home**

- Keep cut flowers fresh longer by adding a teaspoon to the water in the vase.
- Put out small fires on rugs, upholstery, clothing, and wood by sprinkling the powder on them.
- Put an open container of baking soda in the fridge to absorb the odors.
- Sprinkle it on ashtrays to reduce bad odour and prevent smoldering.
- Sprinkle it on slippers, boots, shoes, and socks to eliminate foul odor. Sprinkle a layer of baking soda directly into your shoes to sit overnight. In the morning tap the baking soda out before wearing. Be careful about using baking soda in leather and suede shoes.
- Turn baking soda into modeling clay by combining it with one and 1/4 cups of water and one cup of cornstarch.
- Improve the smell of dishrags by soaking them in baking soda and water.
- Suck it in with your vacuum cleaner to remove the odour.
- Freshen the air by mixing baking soda with your favorite perfumed bath salts. Put the mixture in small sachet bags.
- Restore stiff brushes by boiling them in a solution of 1/2 gallon of water, 1/4 cup of vinegar, and a cup of baking soda.
- Put it under sinks and along basement windows to repel cockroaches and ants.
- Sprinkle it onto your cat's litter box to absorb the bad odor.
- Sprinkle it on your pet's comb or brush to deodorize their fur and skin.

### **In the Garden, Outside Areas and Vehicles**

- Scatter baking soda around flowerbeds to prevent rabbits from eating

your veggies.

- Sweeten your tomatoes by sprinkling baking soda on the soil around your tomato plants.
- Wipe your windshield with it to repel rain.
- Mix a little baking soda with water, and then apply the mixture to a corroded auto battery terminal – the corrosion will be dissolved and can then be washed away.
- Use baking soda to clean grout. Use a toothbrush or similar small brush to apply it and scrub. Just wash off with water afterwards.
- Clean garbage cans with it.
- Scatter it on your greasy garage floor, scrub the floor, and rinse.
- Sprinkle it onto barbecue grills, then rinse it off.
- It can also be used to clean metalwork – the Statue of Liberty was cleaned using sodium bicarbonate.

### **For Cooking**

- Use it as a substitute for baking powder by mixing with it with cream of tartar or vinegar.
- Wash fruits and vegetables with it.
- Soak dried beans to a baking soda solution to make them more digestible and reduce gas.
- Remove the distinctive taste of wild game by soaking it in a baking soda solution.
- Remove the fishy smell from your fillets by soaking the raw fish in a baking soda solution for an hour inside the fridge.
- Make fluffier omelets by adding half a teaspoon of baking soda for every three eggs used.
- Reduce the acid content of your tomato-based recipes by sprinkling them with a pinch of baking soda.

### **For Cleaning**

- Add a cup to the toilet, leave it for an hour, and then flush. It will clean the toilet and absorb odour.
- Use it to scrub sinks, showers, plastic and porcelain tubs
- Spray it on walls, mirrors, and countertops.
- Add a spoonful to your dishwasher to make scrubbing dishes easier.
- Remove grease from pots and pans.
- Dry clean carpets and upholstered furniture by sprinkling baking soda

- over the fabric and gently brushing it. Leave it for an hour or overnight, then vacuum.
- Boost your laundry detergent's cleaning power by sprinkling a handful on dirty clothes.
  - Baking soda can be very effective at removing stains formed by age.
  - Instead of using fabric softener, try adding up to a 1/2 cup of baking soda and about 10 drops of eucalyptus oil to the rinse cycle. Together they act as a natural softener and anti-bacterial agent.
  - Use it to wash nappies.
  - Combine it with water to make a paste for polishing stainless steel and chrome.
  - Remove crayon marks from vinyl floors and walls.
  - Clean shoes with it.
  - Clean the fridge with it.
  - Soak brushes and combs in a baking soda solution.
  - Mix it with water to wash food and drink containers.
  - Put three tablespoons of baking soda to a quart of warm water, then use the mixture to wash marble-topped furniture.
  - Absorb it with a damp sponge, then clean Formica countertops with the sponge.
  - Use it to get rid of stale odors from cooling containers and thermos bottles.
  - Run your coffee maker with a baking soda solution, then rinse.
  - Combine with hot water to clean baby bottles.
  - Remove burned-on food from a pan by soaking it in a baking soda solution for 10 minutes before washing.
  - Clean ashtrays with a baking soda solution.
  - Keep your drains clean by putting four tablespoons of baking soda in them each week. Flush it down with hot water.
  - Clean shower curtains by soaking them in baking soda and water.
  - Put it on a small brush to rub canvas handbags clean.
  - Use it to remove melted plastic bread wrapper from a toaster. Sprinkle baking soda on a damp rag, and then use the rag to clean the toaster.
  - Make a thick paste of baking soda and water and used it to scrub enameled cast iron and stainless steel.
  - Mix 4 Tblspns of baking soda with a quart of warm water and use it to clean the inside of an oven.

- Use it to unclog gas stoves.
- Use the baking soda to clean jewelry.

### **Additional Information**

In the book *Winning the War on Cancer* by Dr. Mark Sircus he states:  
*“Sodium bicarbonate is the time honored method to ‘speed up’ the return of the body’s bicarbonate levels to normal. Bicarbonate is inorganic, very alkaline and like other mineral type substances, supports an extensive list of biological functions.*

*Sodium bicarbonate happens to be one of our most useful medicines because bicarbonate physiology is fundamental to life and health.”*

According to Dr. Mark Sircus, and other historical information on baking soda, “bicarbonate of soda” will ultimately, along with other lifestyle changes, help to create an environment of alkalinity where harmful bacteria such as fungus and parasites cannot survive.

**For more help in finding a program that is targeted specifically for your personal health need and concerns, and to get a personalized assessment:**



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