Baking Soda: A Lot More Than Just a Baking Staple

(NaturalNews – Danna Norek) Baking soda has long been heralded as a multipurpose wonder. Even with this sort of reputation, there are still several ways most people haven't even thought of that it can be used as a natural and inexpensive alternative to so many of the necessities we rely on every day.

It is prudent to choose a brand of baking soda which states it is aluminum free. Some brands may be contaminated with aluminum. Although some have the opinion that it is only baking powder that contains aluminum (as a rising agent), it doesn't hurt to play it 100 percent safe and choose a brand that asserts itself as free of this contaminant.

Mix baking soda with lemon juice as a natural gout remedy

Gout can be a painful and uncomfortable condition. Gout is caused when uric acid is overproduced by the body and builds up to high levels. It then is deposited into the joints, which causes painful swelling and inflammation. Mix roughly two tablespoons of fresh lemon juice with a teaspoon of baking soda for relief. It works by alkalinizing the urine and neutralizing uric acid.

Additionally, baking soda works as a general alkalinizing and pH balancing agent within the body. If the body is overly acidic, baking soda can actually provide a short term remedy to putting it back into an acid/alkaline balance. Health problems, disease and sickness typically abound when your body is overly acidic so it is important to keep it within a healthy pH range.

Of course you do have to be cognizant of the sodium content if you have any issues with high blood pressure. Usually a dosage of no more than a teaspoon at a time diluted in a glass of water is recommended.

As a natural cleaner

A mixture of lemon juice and baking soda also makes a wonderful semi-abrasive natural cleaner for surfaces such as bathroom and kitchen sinks, bathtubs and showers and other surfaces. The mixture of the two actually produces a bit of a fizz due to a natural chemical reaction. They also provide excellent natural antibacterial properties as well as serious cleaning capabilities.

As a natural itch remedy for bug bites and poison ivy

Baking soda may also be useful as an anti-itch remedy. Add just enough water to moisten the baking soda into a paste and rub on a bug bite, poison ivy, bee stings and even chicken pox to help with the itching.

Baking soda has the ability to absorb moisture and to draw toxins out of a bite or bump caused by an irritant under the surface. This can offer quick and effective relief when it comes to itching and the swelling that goes with it.

A natural yeast infection remedy

Women who suffer from yeast infections due to candida imbalances can use a baking soda douche to help kill the candida bacteria that causes the infection. It is also a natural remedy for itching, so you get not only an effective treatment for the infection itself but also treatment of the itching symptom.

Facial skin care uses

Baking soda makes a wonderful exfoliating scrub for the face and other parts of the body. It helps to smooth the skin and take the dead layers of skin off to reveal a fresher and more vibrant surface.

It also may be used in a paste to dab on acne. It acts as an antibacterial agent and helps to kill the bacteria that cause acne. It also helps to draw out excess oil and dry the acne out quicker while helping promote faster healing. It also may help with reducing redness.

Sources for the article include:

http://www.diet-for-gout.com
http://baking-soda.ezinemark.com
http://www.acnemagazine.com/good-natural-scrubs-for-acne-prone-skin/