The Many Uses of Baking Soda

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Use it as an antacid.

Warnings:

- Sodium bicarbonate has been noted by some to be poisonous, see note at bottom.
- Do not use if you are on a sodium restricted diet unless directed by a doctor.
- Ask a doctor or a pharmacist before use if you are taking a prescription drug. Antacids may interact with certain prescription drugs.
- Do not administer to children under age 5.
- STOMACH WARNING: TO AVOID SERIOUS INJURY, DO NOT TAKE UNTIL POWDER IS COMPLETELY DISSOLVED. IT IS VERY IMPORTANT NOT TO TAKE THIS PRODUCT WHEN OVERLY FULL FROM FOOD OR DRINK. Consult a doctor if severe stomach pain occurs after taking this product.
- Stop use and ask a doctor if symptoms last more than 2 weeks.



Use it as underarm deodorant by applying it with a powder puff or can be used wet.

Mix half a teaspoon with peroxide paste and use it as toothpaste

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.

Apply it on rashes, insect bites, and poison ivy irritations.

Take a baking soda bath to relieve skin irritations.

Heartburn? Take a teaspoon of baking soda mixed with one-half glass of water.

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.

Use in first aid, in treating scalding, to prevent blistering and scarring. Cover scald area with a liberal layer of bicarb and seek medical assistance.

In 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.

Extinguish small grease or electrical fires by being thrown over the fire. However, it should not be applied to fires in deep fryers as it may cause the grease to splatter.

Put an open container of baking soda in the fridge to absorb the odors.

Sprinkle it on your ashtrays to reduce bad odor and prevent smoldering.

Sprinkle it on your slippers, boots, shoes, and socks to eliminate foul odor.

Turn baking soda into modeling clay by combining it with one and 1/4 cups of water and one cup of cornstarch.

After feeding your baby, wipe his shirt with a moist cloth sprinkled with baking soda to remove the odor.

Wipe your windshield with it to repel rain.

Improve the smell of dishrags by soaking them in baking soda and water.

Suck it in with your vacuum cleaner to remove the odor.

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 *****roaches and ants.

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.

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 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.

When boiling a chicken, add a teaspoon of baking soda to the water. Feathers will come off easier, and the flesh will be clean and white.

Soak dried beans to a baking soda solution to make them more digestible.

Remove the distinctive taste of wild game by soaking it in a baking soda solution.

Make a sports drink by mixing it with boiled water, salt, and Kool-Aid.

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.

Use in cooking vegetables, to make them softer, although this has gone out of fashion as most people now prefer firmer vegetables which contain more nutrients, and fibre. Bicarb destroys acids in food, including Vitamin C.

Cleaning Purposes

Add to the rinse cycles of washing machines (together with the detergent) as a replacement for softener and also to remove odors.

Remove heavy tea and coffee stains from cups when diluted with warm water.

Add a cup to the toilet, leave it for an hour, and then flush. It will clean the toilet and absorb the odor.

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.

Combine it with water to make a paste for polishing stainless steel and chrome.

Remove scratches and crayon marks from vinyl floors and walls.

Clean your shoes with it.

Clean garbage cans with it.

Use it to wash diapers.

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.

Sprinkle it on barbecue grills, then rinse it off.

Scatter it on your greasy garage floor, scrub the floor, and rinse.

Remove burned-on food from a pan by soaking it in a baking soda solution for 10 minutes before washing.

Clean your 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 your 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 rug, then use the rug to clean the toaster.

Use it to clean your retainers and dentures.

Make a thick paste of baking soda and water, and used it to scrub enameled cast iron and stainless steel.

Mix four tablespoons of baking soda with a quart of warm water, and use it to clean the inside part of an oven.

Use it to unclog gas stoves.

Use it to raise the pH balance of water (increasing total alkalinity) where high levels of chlorine (2–5 ppm) are present as in swimming pools and aquariums.

Absorb the musty smell in old books, leaving them less odorous.

Great for female goats so they don't bloat, but keep it away from wethers.

Use as a cattle feed supplement, in particular as a buffering agent for the rumen.

The most amazing thing about baking soda is that it’s very cheap. You can do all these things for a very small cost. Baking soda is truly a miracle product, whether it’s used for baking or not.

Problems with 'regular' baking powder and baking soda are two fold. The aluminum and the soda or sodium bicarbonate.

Aluminum may cause an inhibition of intestinal absorption of phosphorus and this may be followed by an increase in calcium loss. The effect is probably due to the binding of dietary phosphorus in the intestine by the aluminum. (Spencer & Lender, 1979). Much has been written on the harmful effects of aluminum.

As for sodium bicarbonate The Poison Control Center lists baking soda under poisons, with directions what to do if swallowed!! Many dieticians recommend avoiding baking soda because it interferes with nutrition absorption and can lead to inflammation of joints, etc.

?The use of soda or baking powder?is harmful and unnecessary. Soda causes inflammation of the stomach, and often poisons the entire system.? Counsels on Diet and Foods p342

The body makes sodium bicarbonate to neutralize stomach acids after digestion is complete. But when you eat foods with baking soda in them (almost all baking powders contain soda) you impede the digestion right from the start. Poor digestion, poor absorption of nutrients, increase of toxin build up, and so on.

The best thing for your health is to avoid baking powder and baking soda in your baking. Leave baking soda in the fridge to deodorize it.

Source:

http://lifehackery.com/2008/07/22/home-4/

75 Extraordinary Uses for Baking Soda

http://en.wikipedia.org/wiki/Sodium_bicarbonate

http://www.mymidohio.com/modules.php?name=News&file=article&sid=24