

# 7 Uses for Baking Soda That You Probably Didn't Know

After Reading About These 7 Uses, You Won't Look at Baking Soda The Same Way!

Basically, we all have baking soda at home. It's scientifically known as sodium bicarbonate. baking soda appears as a fine powder, which is one of the most commonly used ingredient to cause baked goods to rise. Yet, it can be also used for cleaning and resolving a variety of health problems.

Unlike store-bought cleaners, baking soda is an effective low-priced cleaning solution that won't cause your health to damage. Let us look closer at some of the hacks regarding baking soda you probably weren't aware about:

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1-Relieves insect stings and bites :

Baking soda can ease and provide relief from insect bites and stings. The alkaline properties of the ingredient will fight the acids in the wound and draw out the contaminant, providing some much-needed relief. Prepare a paste of baking soda and water then apply it on the bite or sting and let it sit for 10 minutes to treat it quickly.

2-Removes splinters :

Gently apply the paste of baking soda and water on the affected area for easing the process of removing a splinter from your hands or feet. That is to say, the splinter will be easy to be removed as the paste drug it out to the surface.

3-Eliminates sweating and body odor :

Rub a paste of baking soda and water on your armpits to prevent excess sweating and eliminate body odor.

4-Treats sunburns :

Put some baking soda and water in a bathtub then soak yourself in the solution to soothe the redness and inflammation caused by sunburns.

5-Treats your feet :

Add some baking soda to a foot bath to soothe the skin on your feet and relax them.

6-A great shampoo :

Adding baking soda to your shampoo is a great way to make your hair and scalp cleaner. The mixture will also degrease your hair and regulate the pH balance in your scalp, effectively preventing a variety of problems.

7-Treats stomach discomfort :

To reduce stomach discomfort or heartburn, add a teaspoon of baking soda in a cup of water and drink the mixture immediately.