

Every Woman Should Know These 10 Of The Most Powerful Tricks with Baking Soda !!

You may have done extensive research on this topic, especially if you are a fan of holistic home remedies and natural remedies. When you come across baking soda, it turns out to be a wonderful remedy, isn't it !!

Baking soda, a popular household ingredient, has amazing uses both inside and outside your diet. The good news is that we'll provide you with a list of 10 powerful uses of baking soda.

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In fact, baking soda is non-toxic, but please consult a doctor before use and always purchase the aluminum-free variety.

Check out these 10 baking soda tricks below:

1. Antacid for heartburn.

Yes, stomach acid can have unexpected reactions, spreading into the esophagus after eating too quickly, or eating something spicy or acidic. Therefore, use 1 teaspoon of baking soda in 250 ml of water to neutralize and calm heartburn.

2. Make a bath soak.

You have said it a thousand times. We are what we absorb. Thus, a baking soda bath can do wonders in alkalizing and detoxifying your skin, and other areas of your body that you do not pay much attention to. Simply mix about 5 tablespoons of baking soda in a full bathtub and enjoy a detoxifying soak.

3. Clean baby's clothes.

Many cleaners are known to contain heavy metals and other

toxins. In addition, the anti-stain and odor removal agents are highly acidic and harmful to human skin, especially toddlers and children. Make sure to mix 1 tablespoon of baking soda with one cup of water and use it to clean beet juice stains!

4. Clean vegetables & fruits.

It is wise to clean fruits and vegetables before eating them. And please do not use soap for your products unless you enjoy soap flavored salads. Alternately, scrub each vegetable or fruit with baking soda.

5. Eliminate bad smell shoes.

The medical world has in common that spraying air fresheners from toxic aerosol cans in your shoes, which in turn enables the soles of your feet to absorb harmful chemicals. Alternatively, you can sprinkle on a little baking soda.

6. Treat insect bites.

Remember when we were kids and we'd run around and play from sunrise to sunset, and even after that, we were always crazy about mosquitoes, but we'll be out the next night totally. That's right, rubbing toothpaste on an insect bite is the secret. That is, the baking soda inside treats and reduces itching.

7. Deodorant under the arm.

There is a lot of controversy surrounding the ingredients in deodorants or antiperspirants and their harmful effects on us. Several studies have shown that harmful chemicals found in these commercial products such as aluminum are linked to cancer. So, try sprinkling a little baking soda underneath instead of clogging your pores with toxins.

8. Toothpaste.

The horrific side effects of lifelong fluoride poisoning are a nightmare for all of us. To get over this tragedy, all you have to do is mix 1 teaspoon of baking soda with 1 teaspoon of water and use it as toothpaste.

9. Magic baking soda and apple cider vinegar hardener.

Raw organic apple cider vinegar has incredible benefits, such as regulating probiotics in your gut, boosting immunity etc. before. Therefore, make sure that mixing it with baking soda works to reverse ACV acidity, making it easier for you to digest. You can mix 1 tablespoon of apple cider vinegar with 1 teaspoon of baking soda in one cup of water.

10. Spray on garden plants.

I talked about these pesticides and their harmful effects on us and our environment. In short, it is terrible. What's more, this product is full of mold, worms, and other insects. The good news is that baking soda can be helpful if you want to find a non-toxic way to care for it. For this presentation, dilute 4 teaspoons of baking soda with 1 gallon of water and sprinkle gently on your plants to prevent insects and fungi from invading your food.

Lemon juice and bicarbonate soda tonic .

You can improve digestion and ward off infections with this tonic.

* Ingredients :

- ° 1 tsp baking soda
- ° Half a lemon
- ° 8 ounces pure water.

* Preparation :

To start with, you should mix 1 teaspoon of baking soda with

half a lemon in 8 ounces of pure water. & please drinking this initial thing in morning.

For an extra boost, it's best to make it a part of your daily morning routine.