

Relieve Headaches, Ease Colds, Soothe Heartburn,  
Improve Skin, Volumize Hair, and More!

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# Baking Soda for Health

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100 Amazing and  
Unexpected Uses for  
Sodium Bicarbonate

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## Baking Soda for Health: 100 Amazing and Unexpected Uses for Sodium Bicarbonate



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New in the popular For Health series, helpful information to the affordable, all-natural healing, wellness, and beauty great things about baking soda. With Baking Soda for Health, you'll discover all of the benefits this all-natural powder can bring. Its all-natural beauty uses are famous and widely celebrated and will whiten teeth, brighten and exfoliate skin, decrease acne, cleanse hair, deal with split ends, soften ft, remove spots from fingernails, and more. Recent medical research continue to reveal how baking soda contributes to good health by combatting chronic diseases, including cancer and kidney disease.without dangerous chemical substances or costly techniques. Plus, baking soda can deal with pores and skin irritations, bug bites, and sunburn and normally prevent body odor. Similar to apple cider vinegar, baking soda is an affordable, all-natural, non-toxic cure-all for body and house. Using its adsorptive and alkaline properties, baking soda is the perfect natural remedy for numerous health and beauty requirements.Baking soda has been a kitchen staple for generations, but its uses extend much beyond cookie recipes so when refrigerator deodorizers. It also provides all-natural alleviation for common ailments like the flu, coughs, sore throats, urinary system infections, muscle pain and fatigue, stomach discomfort, and heartburn.



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