



## BAKING SODA: A VERSATILE PRODUCT

The top three natural cleaning products are castile soap, vinegar, and baking soda. Baking soda is a versatile product that has been used since ancient times; its uses range from basic daily hygiene to cleaning. It is a mild abrasive as well as an excellent whitener and deodorizer.

### CLEANING USES:

1. Excellent sink, shower, tub, and grout cleaner.
2. Effective fridge deodorizer: put an open box of baking soda in the fridge or anywhere there is a musty or unpleasant smell, for example in shoes. It will absorb odours.
3. Removes stains on carpets: sprinkle baking soda on the stain and then pour a little vinegar on top. Let it dry and vacuum it up.
4. Clean kitchen appliances: mix baking soda with soap and water to create a paste and clean stove tops, ovens, coffee makers, microwaves etc.
5. Clean jewellery and silverware: soak silver jewellery or silverware in a mixture of baking soda and hot water in an aluminum-foil-lined bowl. The tarnish will transfer from the jewellery to the water. Wipe away excess tarnish with a soft cloth.
6. Effective solution for removing pesticide residue from fruits and vegetables: add four teaspoons of baking soda to a sink full of water. Soak for 5 minutes and rinse.

7. Pots and pans cleaner: soak 15-20 minutes and grease and grime will come right off.
8. Drain cleaner: mix baking soda and vinegar to create a chemical-free drain cleaner. Pour down drain and let bubble for 15 minutes. Rinse with hot water.

#### PERSONAL USES:

1. Baking soda relieves muscle pain and tension and exfoliates skin: add a cup of baking soda combined with Epsom salt to your bath water or soak feet in warm water, Epsom salt and baking soda.
2. Stings: make a paste of baking soda and water and dab onto stings and let dry.
3. Nail treatment: combine 3 parts baking soda with 1 part water to create a mixture to scrub nails to smooth the surface.
4. Sunburn relief: soak sunburned skin in a mixture of baking soda and warm water.
5. Itchy skin: make a paste of baking soda and water and apply to affected area and rub it onto skin to alleviate itchiness.
6. Toothpaste and teeth whitener: dip toothbrush in baking soda paste and lightly brush a couple of times a week to remove plaque and whiten teeth.