

More Great Uses For Baking Soda

Written by Karel Nunnink

Use this instead of deodorants

The lowly box of baking soda hasn't been given the credit it's due. Baking soda is for more than baking or deodorizing the refrigerator. It's great for health and beauty needs, and everyone should consider using it for multiple reasons. It's inexpensive and a great alternative to chemical beauty and cleaning products. Most people should consider using this product more than they do now.

Cleaning: Baking soda is great when it comes to cleaning. Its abrasive action combined with its environmental friendliness makes it a great alternative to cleansers that use harsh chemicals. Instead of using a harsh scrubbing powder filled with toxic chemicals (like chlorine bleach), why not use baking soda to scrub the ring in the tub? It works just as well but leaves no chemical smell behind; best yet, people won't feel guilty about baking soda washing down the drain. A lot of people also add a tablespoon or two to the dishwasher for its grease-cutting action.

Baking soda is also known for its effectiveness in fighting odors. Many people sprinkle it on the carpet before vacuuming to help absorb odors, but it can also be sprinkled in the bottom of the trashcan or in the garbage disposal for the same purpose.

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Beauty: Yes, baking soda can be used in one's beauty routine! It can be added to toothpaste for extra cleansing (and for whitening too), and it can also be rubbed under the arms as a healthy alternative to antiperspirants. It can also be used as a safe but effective body and facial scrub, and it can be used as an alternative to chemical-laden shampoos. And, again, because of its deodorizing properties, it can be sprinkled in a pair of smelly sneakers or kept in the closet to keep it smelling fresh and clean.

Other uses: Wash fruits and vegetables in a baking soda bath. Just fill the sink with water and a tablespoon or two of baking soda and scrub the dirt off. It's safe and effective. And you can keep your drains clean by pouring some baking soda down the drain followed by either hot water or vinegar (which will give it some bubbly action).

Baking soda can be used for a lot more than baking, so pick up an extra box at the supermarket. There are so many ways it comes in handy.

Source Naturalnews