

Baking Soda Uses in Daily Health

Over 150 years ago Dr. Austin Church formed a business to produce and distribute Baking Soda. ARM & HAMMER® Baking Soda is derived from a natural occurring mineral called trona. It is 100% pure, safe and natural. Baking Soda (also known as sodium bicarbonate) is a substance that is naturally found in all living things. Its purpose is to maintain pH balance in the bloodstream which is necessary to sustain life. Due to its chemical and physical properties, sodium bicarbonate has unique medicinal capabilities that every healthcare practitioner, doctor and patient needs to know about.

The fact is that Arm & Hammer Baking Soda can replace many expensive medicines does not make Big Pharma happy.

Baking Soda Uses

In today's modern world of medicine the FDA does not allow companies that sell products to make medical claims about them unless they have been tested at great expense and approved as a drug. But this was not always the case. As we can see in a 1924 booklet, published by the Arm & Hammer Soda Company, on page 12 the company says, "The proven value of Arm & Hammer Bicarbonate of Soda as a therapeutic agent is shown by a prominent physician named Dr. Volney S. Cheney, in a letter to the Church & Dwight Company:

"In 1918 and 1919 while fighting the 'Flu' with the U. S. Public Health Service it was brought to my attention that anyone who had been thoroughly alkalized with bicarbonate of soda contracted the disease and those who did contract it, if alkalized early, would invariably have mild attacks. I have since that time treated all cases of Colds, Influenza and LaGripe by giving generous doses of Bicarbonate of Soda. In many instances within 36 hours the symptoms would have entirely abated. I have advocated the use of Bicarbonate of Soda as a preventive for Colds, with the result that now many reports are coming in stating that those who took Baking Soda were not affected, while nearly everyone around them had Colds and Flu."

Recommended dosages from the Arm and Hammer Company for colds and influenza back in 1925 were:

Day #1: Take six doses of ½ tsp of Arm & Hammer Bicarbonate of Soda in glass of cool water, at about two hour intervals.

Day #2: Take four doses of ½ tsp of Arm and Hammer Bicarbonate of Soda in glass of cool water, at the same intervals.

Day #3: Take two doses of ½ tsp of Arm and Hammer Bicarbonate of Soda in glass of cool water morning and evening, and thereafter ½ tsp in glass of cool water each morning until cold is cured.

The below quote is typical:

“the sodium bicarbonate cure for colds and sore throats really works! A friend called as I was reading about it, I told her to try it. She is ecstatic! Relief in a few hours, and she went to work the following day! And she was miserable and could hardly talk, had just woken with it full on, and was planning on missing work.”

In order to secure the best results with Arm & Hammer Pure Bicarbonate of Soda (Baking Soda) when taken internally, certain simple rules must be observed. Here is what they were allowed to say almost 100 years ago.

The effect of an alkali in the stomach will vary according to the nature of the stomach contents at the time of administration.

In the resting period (after food is digested) sodium bicarbonate merely dissolves mucus and is absorbed as bicarbonate into the blood increasing its alkalinity. This is a desired result.

In the digestive period intake of baking soda will reduce the secretion of gastric juice, neutralize a portion of the hydrochloric acid, liberate the carminative carbon dioxide gas and is absorbed as sodium chloride. This is not a desirable effect.

In cases of fermentation or sour stomach it may neutralize the organic acids and result in the opening of a spasmodically closed pylorus (the opening between the stomach and the small intestine) and overcome flatulency (accumulation of gas in the stomach and bowels). This may be a desired result depending upon your situation.

The time of administration must be chosen with a definite purpose. Usually for hyperchlorhydria (excess acid) one hour or two hours after meals will be the period of harmful excess of acid and can be neutralized with baking soda.

A dose at bedtime will help neutralize early morning excess acidity, or a dose on arising cleans the stomach of acid and mucus before breakfast.

Whenever taking a bicarbonate solution internally the baking soda should be dissolved with cold water.

This is all very valuable information coming from the Arm and Hammer Baking Soda Company, which sells aluminum free baking soda. Clearly they knew what they had in their hands one hundred years ago and its long use in medicine sustains these published medical views:

“Besides doing good in respiratory affections, bicarbonate of soda is of inestimable value in the treatment of alimentary intoxication, burns, hyper-acidity of urine, pyelitis (inflammation of the pelvis of the kidney), rheumatism and uric acid disturbances. An occasional three-day course of Bicarbonate of Soda increases the alkalinity of the blood, assists elimination and increases the resisting power of the body to all infectious diseases.”

Baking Soda uses extend much further than even Arm and Hammer were aware of and it's now been used to help with everything from cancer, diabetes, kidney disease, sunburn and ulcer pain.

How To Use Sodium Bicarbonate

Getting your pH to an alkaline state is beneficial to anyone with any kind of disorder and using sodium bicarbonate as a “jump-start” to amore alkaline state is helpful but should not be depended on soley, it must be done with lifestyle and dietary changes that will allow more alkalinity in your body on a long term basis.

Urine and Saliva pH must be checked daily if using bicarbonate of soda to ensure that you don't become overly alkaline (which can cause severe problems)and to guide your dosing of the sodium bicarbonate.

Sodium bicarbonate dosing is judged by your daily pH level and doses adjusted up or down accordingly. Get some pH strips from www.healthyhabits.com. Adjust the dose according to your readings of Urine and Saliva pH. Dosing also depends on what is being treated. The amounts for treating cancer is very different from that for heartburn or prevention. There is no “one-size-fits-all” dosing. It **MUST** be guided by your pH.

Make sure that the sodium bicarbonate you buy states 100% sodium bicarbonate. By law this should mean that no aluminum is in the product or added to it. Arm and Hammer and Bob's Red Mill baking soda are safe to use... **do not get baking powder**, which is totally different and may contain aluminum.

It will generally take 4-6 weeks for your body to stabilize in pH. Often the saliva and urine pH will be different but you need to check consistently for about a month and then can better see the pattern or consistency.

Sodium bicarbonate should be taken 1-2 hours before or after a meal so as not to interfere with the hydrochloric acid needed for digestion. Sodium bicarbonate will temporarily neutralize hydrochloric acid. So if you are taking it for general maintenance take it early a.m. or before bedtime. This should not affect the mealtime production of hydrochloric acid.

After using this recommendation, take a break from the sodium bicarbonate for at least a week before restarting at that dose. Too high alkalinization can be very harmful and cause many problems too. Work to decrease the amount you need as soon as you can. Too much sodium bicarbonate can also deplete folic acid(a B vitamin) so you might want to supplement with that.

Target pH for urine for good daily maintenance is no higher than 6.5 but this level can go to 7.5 during infections and inflammation unless otherwise directed by a health care professional. For treating cancers, it is necessary to go higher up to @pH of 8 and to stay there for a week or two, then stop and repeat the process again. The amount of sodium bicarbonate taken each day will be guided by your pH readings.

Bicarbonate and Inflammation

Anyone experiencing the pain of an acute gout or rheumatoid arthritis attack knows what it is like to want relief from their pain. It seems like no matter where we turn these days, we hear the word inflammation because at the heart of almost all diseases is an inflammatory process. Because our lifestyles have become increasingly sedentary, junk food is everywhere, unfathomable stress levels, allergens, environmental toxins, increasing radiation coming from the environment and medical tests, pharmaceutical poisons that increase inflammation because they strip the body of alkaline minerals, acidity levels are at an all-time high resulting in many people suffering needlessly.

Bicarbonate ions neutralize the acid conditions required for chronic inflammatory reactions. Hence, sodium bicarbonate is of benefit in the treatment of a range of chronic inflammatory and autoimmune diseases. To reduce and eventually stop destructive inflammations the body needs to be alkalized, which means CO₂ levels along with oxygen need to be raised. This is done over the long haul with mineral-rich vegetables, especially green leaf-vegetables and green protein powders containing Spirulina and chlorella such as GREENERGY by Healthy Habits®. However, until the inflammation is under control it is often helpful or necessary to use alkalizing remedies such as sodium bicarbonate for almost instant relief of many inflammation symptoms. Baking soda elevates salivary pH and reduces inflammation in the mouth.