

RECIPE FOR Wellness NEWSLETTER

HOME REMEDIES

It's fairly common knowledge that a box of baking soda in the refrigerator will absorb odors and adding a ½ cup to a load of laundry can enhance the odor absorbing and stain removing abilities of detergents but this household staple can also be a useful home remedy. Baking soda can help break down proteins, neutralize acids, and restore pH balance as a weak alkaline.

Antacid Alternative

The worst side-effect of most antacids is that they stop the stomach from producing any acid at all. Since acid in the stomach is what helps to digest food, too little acid can be just as aggravating and irritating as too much.

Instead of an over-the-counter antacid, mix 1 teaspoon of baking soda with a glass of water.

Get the Sting Out

With a bee sting, the alkaline properties of baking soda can help neutralize formic acid. Mix baking soda with a little water to create a paste and apply it to the area of the sting.

Sunburn Relief

Soaking in a baking soda bath can cool and soothe a sunburn while helping the skin to retain its moisture. Add 1 cup baking soda to a tub full of either cool or tepid water; stir to dissolve the clumps, then soak for 15 minutes.

Dental Options

Three parts baking soda mixed with one part salt can be used as an organic tooth cleaning powder. For flavor, add cinnamon sticks, cloves, citrus peels, a vanilla bean or dried mint leaves. Store this in a lidded glass jar for a day or two to allow the aroma to permeate the mix, then transfer to a shaker for sprinkling on the toothbrush.

Baking soda can also make a great, chemical-free dental appliance cleaner by dissolving 2 teaspoons of baking soda in warm water. Dentures, mouth guards, retainers or other oral appliances can be left to soak in this mixture. Or dip a toothbrush in baking soda and scrub the appliance.

Healthier Options

Always look for substitutes to over-the-counter products that typically contain chemicals or other unhealthy additives. Remember, nature usually provides great alternatives.

Source: *modified from motherearthliving.com*



DID YOU KNOW?

Salt is another household staple with multiple uses of which most remain unaware. These include the following (plus many more):

- An all-time favorite, gargling with warm salt water is a well-known treatment for everything from mouth sores to a sore throat; due to its anti-inflammatory and disinfectant properties it can relieve several symptoms of discomfort in the mouth
- Soak up coffee, red wine or other fresh stains from carpets – pour salt on the stain and after the stain and salt have dried they both can be vacuumed up
- When a pinch of salt is combined with a dollop of olive oil it works as a natural exfoliant but be cautious as it may be too abrasive to be used on the face and should not be used daily
- Since hard water can cause brightly colored clothing to appear dull after washing, brighten the laundry by adding a ½ cup of salt to the wash cycle
- Soaking walnuts and pecans in salt water for a few hours even makes them easier to shell

To learn more visit motherearthliving.com.

INSIDE THIS ISSUE

Page 1 Home Remedies

Page 1 Did You Know?

Page 2 Family Time

Page 2 Feature

Page 3 Breakfast and Lunch Recipes

Page 4 Dinner Recipes