

## Baking Soda

**If you google baking soda in reference to health you will find a lot of interesting information. Besides being used to destroy fungi in the body, it has been noted by doctors even as early as 1918 in the U.S.**

### **For example:**

The proven value of Arm & Hammer Bicarbonate of Soda as a therapeutic agent is further evinced by the following evidence of 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 rarely **any one who had been thoroughly alkalinized with bicarbonate of soda contracted the disease, and those who did contract it, if alkalinized early, would invariably have mild attacks.** I have since that time treated all cases of 'Cold,' Influenza and LaGripe by first giving generous doses of Bicarbonate of Soda, and in many, many instances within 36 hours the symptoms would have entirely abated. Further, within my own household, before Woman's Clubs and Parent-Teachers' Associations, 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 "Soda" were not affected, while nearly every one around them had the "Flu."**

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

During the first day take six doses of half teaspoonful of Arm & Hammer Bicarbonate of Soda in glass of cool water, at about two hour intervals.

During the second day take four doses of half teaspoonful of Arm and Hammer Bicarbonate of Soda in glass of cool water, at the same intervals.

During the third day take two doses of half teaspoonful of Arm and Hammer Bicarbonate of Soda in glass of cool water morning and evening, and thereafter half teaspoonful in glass of cool water each morning until cold is cured.

*"Well the sodium bicarbonate cure for colds and sore throats. A friend called as I was reading about it, I told her to try it. She is rapt! Relief in a few hours, and she went to work the following day! And she was miserable and could hardly talk,<sup>[2]</sup> 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. *Materia Medica, pharmacology and Therapeutics* (Bastedo, Page 88) clearly outlines these rules to follows:

"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, to increase its alkalinity directly.

"In the digestive period it reduces the secretion of gastric juice, neutralizes a portion of the hydrochloric acid, liberates the carminative carbon dioxide gas, and is absorbed as sodium chloride.

"In cases of fermentation or 'sour stomach' it may neutralize the organic acids and so result in the opening of a spasmodically closed pylorus (the opening between the stomach and the small intestine); while at the same time it acts to overcome flatulency (accumulation of gas in the stomach and bowels).

"The time of administration must, therefore, be chosen with a definite purpose. Usually for hyperchlorhydria (excess of acid) one hour or two hours after meals will be the period of harmful excess of acid.

"In continuous hyperacidity and in fermentative conditions a dose an hour before meals will tend to prepare the stomach for the next meal; or sometimes a dose will be necessary immediately after eating, because of abnormal acid or base having been present at the commencement of the meal. (For the average person one-half hour after meals is recommended).

"A dose at bedtime tends to check the early morning acidity, or a dose on arising cleans the stomach of acid and mucus before breakfast."

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

This is all very valuable information coming from the horses own mouth, 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 the companies published medical views:

"Besides doing good in respiratory affections, bicarbonate of soda is of inestimable value in the treatment of Alimentary Intoxication, Pyelitis (inflammation of the pelvis of the kidney), Hyper-Acidity of Urine, Uric Acid disturbances, Rheumatism and Burns. 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.**"

Magnesium chloride is the only form of magnesium that has been reported to increase immune system strength though all forms of magnesium need to be counted in this regard. When one adds magnesium chloride to ones baths, puts it on the skin like suntan screen, or takes it orally with sodium bicarbonate one supercharges their defensive perimeter or what is called the anti-pathogen factor in Chinese Medicine. Add Iodine, Selenium, Vitamin C and some healthy sun exposure or Vitamin D and we have the heart of army we need to array against viral invaders. *Magnesium Bicarbonate – Ultimate Mitochondrial Cocktail* is the name of one of my chapters that explains why both these essential mineral ions need to be present in sufficient concentrations.

### **Testimonials:**

My father was a veterinarian and as far back as I can remember (I was born in 1938 so my memory goes back to maybe 1943) **he would take sodium bicarbonate dissolved in a full glass of warm water whenever he felt a cold coming on. I don't remember him ever coming down with a full blown cold.** He would treat my cold symptoms likewise and I responded equally as well. He also treated farm animals for various illnesses with sodium bicarbonate via a gastric tube and they recovered quickly. So I've known about the benefits of sodium bicarbonate from early childhood on. Glad to see that its benefits are being more widely touted. Although my father was a doctor of Veterinarian medicine, he sometimes referred to himself as an MD (Mule Doctor).

Dr. David B Winter, DO

---

Several weeks ago, I purchased your eBook about Sodium Bicarbonate. IT CHANGED MY LIFE. I believe that God is working through you and your staff to spread the word about the body's natural ability to heal, given the right elements. Thank you!!!

I've been reading your newsletter for some time now, and happened to see your eBook about baking soda. We don't have a lot of money, but I felt that your research might help me. Sure enough I can tell you that within the week following reading your book - and practicing what you preach – I have been practically hive/urticaria free.

**I started with straight baking soda and water.** Yuck! I could hardly make myself do it. But I was going for the PH balance you talked about. I read more about the different oral combinations and decided to try the Maple Syrup and Baking Soda. 3:1, it worked great and tasted great too. I couldn't believe I could eat that much sugar!

Right now I'm smiling and feeling great. **My mood is good, my energy is way up and most important the swellings and itching are gone. My hair is growing back thicker. My skin looks great. I'm not tired all the time.** I can't believe the difference in my health. Praise God for his goodness in inspiring your work.

I've recently added Nascent Iodine after reading some tips of yours. I was indeed deficient and that seems to be adding to the overall good effects. My children are benefiting from this research as well. I'm so happy to find alternatives to mainstream medicine.

Lane Carter,  
Delaware, United States

---

I have had Morgellons for over 6 years – very nasty – and I know you are aware of our plight. I am now ready to start your transdermal magnesium therapy treatments but first I have to tell you something.

I would like you to know that **bicarbonate baths really help me.** But, and this is a big BUT, I use it with about 3 Lb's of sea salt per bath and when I did **5 Lb's of bicarbonate – I put myself into an alkaline state.** The high salt content somehow opened up my skin to take in the bicarbonate – it came out of my skin for a few weeks!

Thank you,  
Carola Dunham

The addition of a cup of baking soda to a hot bath after a long exhausting day alleviates tension and muscle aches. It exfoliates the skin to remove dead dry skin leaving fresh bright youthful skin behind without the high cost of the commercial skin exfoliates. The addition of baking soda to foot baths help with tired, achy feet when working in jobs such as waitressing or other heavy-walking type jobs. Combining the baking soda with magnesium chloride brings dramatic changes to human physiology and the only thing making this formula even better would be the addition of some sodium thiosulfate for a full hot springs therapeutic treatment.

*When salt and baking soda are combined in the bath, the combination may reduce the negative effects of minor exposure to the radiation from X-rays.*

Sodium bicarbonate, the monosodium salt of carbonic acid, is used as a gastric and systemic antacid and to alkalize urine; also used, in solution, for washing the nose, mouth, and vagina, as a cleansing enema, and as a dressing for minor burns.