

BAKING SODA has been used for decades as a solution for upset stomach, acid reflux and diarrhea, decreasing lactic acid in the muscles for better workouts and recovery, urinary tract infections (UTI), decreasing bodily inflammation, improving blood flow and oxygenation of cells thereby killing bacteria, fungus and cancer cells. In addition to creating anti-inflammatory cells, researchers reported that taking baking soda daily helped to balance acid, potassium and sodium and reduced the need for dialysis in chronic kidney disease. Although baking soda is high in sodium – and could theoretically increase blood pressure – researchers reported that there was no difference in blood pressure between control groups.

DIRECTIONS

Take at least one hour away from medications.

On empty stomach before bed OR in the morning one hour or more before eating:

- dissolve 1/2 teaspoon (2 grams) baking soda into 3-5 tablespoons boiling water
- add another 3-5 tablespoons cooler water so it's comfortable to drink
- drink slowly to avoid stomach upset and burping
- can be taken daily for 3 weeks then take one week off. Resume if desired.

WARNING: Consuming too much baking soda can be dangerous and cause serious health issues. Do not take more than 3 and 1/2 teaspoons a day for more than two weeks.