

# Sodium bicarbonate

## The connection between fungus and cancer

The groundbreaking work of Mark Sircus, Ac., OMD and Dr. Simonchini, an oncologist in Rome, Italy, has shown the tremendous potential of sodium bicarbonate. Dr. Simonchini originally made the connection between fungal infections and cancer proliferation. He realized that when a tumor was flushed with baking soda (which is anti-fungal), it shrank and completely disappeared within days. Mark Sircus takes this idea one step further, believing that baking soda can be ingested as well with remarkable results. Sircus feels that cancer is a complex disease and healing goes beyond simply targeting the tumor -- the body needs to be brought into harmony with breathing techniques, exercise, sun exposure and massage along with bicarbonate therapy. A striking example of success is Vernon Johnston who cured stage IV prostate cancer with this protocol. His story can be found [here](#).

## Protect against colds and influenza

Cancer is not the only ailment that is healed by baking soda. Contagious illnesses like colds and influenza also respond well to sodium bicarbonate. In 1922, a small booklet was published extolling the healing virtues of this simple powder. Edward R. Hays, MD said at the time:

"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 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 'Cold,' Influenza and LaGrippe by first giving generous doses of Bicarbonate of Soda, and in many, many instances within 36 hours the symptoms would have entirely abated."

Recommended dosage for colds and influenza:

On the first day, consume a total of six doses of half a teaspoon of [baking soda](#) in one cup of water. Take at two hour intervals.

Continue the same protocol on the second day, but reduce to four doses.

On the third day, consume only two doses -- one in the morning and another at night.

Continue thereafter with one dose in the morning until illness is cured.

## Additional benefits

Not only helpful with disease, baking soda has a broad spectrum of use. It is also good for:

- Clearing acne
- Cleansing hair and removing buildup
- Detoxifying radiation poisoning
- Acid reflux
- Cleaning teeth
- Insect bites
- Boosting laundry detergent

- Removing dirt and residue off fresh fruits and vegetables
- Household cleaning and deodorizing
- Unclogging drains when combined with vinegar

**Sources for this article include:**

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**Mix baking soda with lemon juice as a natural gout remedy**

Gout can be a painful and uncomfortable condition. Gout is caused when uric acid is overproduced by the body and builds up to high levels. It then is deposited into the joints, which causes painful swelling and inflammation. Mix roughly two tablespoons of fresh lemon juice with a teaspoon of baking soda for relief. It works by alkalizing the urine and neutralizing uric acid.

Additionally, baking soda works as a general alkalizing and pH balancing agent within the body. If the body is overly acidic, baking soda can actually provide a short term remedy to putting it back into an acid/alkaline balance. Health problems, disease and sickness typically abound when your body is overly acidic so it is important to keep it within a healthy pH range.

Of course you do have to be cognizant of the sodium content if you have any issues with high blood pressure. Usually a dosage of no more than a teaspoon at a time diluted in a glass of water is recommended.

**As a natural itch remedy for bug bites and poison ivy**

Baking soda may also be useful as an anti-itch remedy. Add just enough water to moisten the baking soda into a paste and rub on a bug bite, poison ivy, bee stings and even chicken pox to help with the itching.

Baking soda has the ability to absorb moisture and to draw toxins out of a bite or bump caused by an irritant under the surface. This can offer quick and effective relief when it comes to itching and the swelling that goes with it.

## **A natural yeast infection remedy**

Women who suffer from yeast infections due to candida imbalances can use a baking soda douche to help kill the candida bacteria that causes the infection. It is also a natural remedy for itching, so you get not only an effective treatment for the infection itself but also treatment of the itching symptom.

## **Facial skin care uses**

Baking soda makes a wonderful exfoliating scrub for the face and other parts of the body. It helps to smooth the skin and take the dead layers of skin off to reveal a fresher and more vibrant surface.

It also may be used in a paste to dab on acne. It acts as an antibacterial agent and helps to kill the bacteria that cause acne. It also helps to draw out excess oil and dry the acne out quicker while helping promote faster healing. It also may help with reducing redness.

Anyone experiencing the pain of an acute gout or rheumatoid arthritis attack would sell their soul to get fast relief from the agony. Most drugs take time to build up in the system before relief occurs; and, many of those same drugs cause unacceptable side effects. What if you could make a drink, that in the matter of just a few minutes, would help the pain subside to tolerable levels or relieve it entirely? Sounds too good to be true? Well, it's not.

The underlying cause of arthritis, gout and fibromyalgia is an imbalance in the system causing acidosis, which is the basis of most physical disease. In simple terms, this means your pH is out of balance and your body is trying to get back into balance in any way it can. Even in autoimmune diseases such as rheumatoid arthritis, imbalance is at the root of its cause. The body's attempt to regain stasis is what causes arthritis, high uric acid, muscle spasms and a host of other problems. The solution is to help the body's pH return to normal by consuming alkalizing foods.

Here are three potent home remedies that can help relieve inflammatory arthritis and rheumatism pains, gout attacks and debilitating fibromyalgia episodes in a very short time. No one remedy works for everyone; so it's important to use them all, one at a time, and find what works best in each circumstance.

## **Baking soda**

Baking soda mixed in water can relieve gout joint pain almost instantly and reduce high uric acid. In some cases it may take up to two days to experience relief; however, if taken regularly, it will prevent attacks before they occur. Mix 1/2 teaspoon baking soda in 8 oz. of water and drink it all at once. The maximum recommended dose is 4 teaspoons divided up throughout the day during an acute attack. Then reduce the dose as the [pain](#) subsides. Baking soda can raise the blood pressure. Persons taking medication for hypertension should consult a health practitioner before using baking soda in this manner.

## **Apple cider vinegar**

Anecdotal evidence and clinical reports indicate that apple cider vinegar relieves joint pain, acid stomach, headaches, gout, muscle spasms and arthritis. ACV acts to help create an alkaline-forming state in the body by stimulating digestive juices, including bicarbonate, that's released by the pancreas. This highly alkaline substance neutralizes the acidic vinegar and stomach acids, helping to balance the pH. Mix 1 to 2 tablespoons of vinegar with 8 oz. of water and drink all at once. Some people prefer to sip on it; however, it seems to be more effective when consumed at one time. If it's too strong use less vinegar and work up to a full dose. Apple cider vinegar is known to be especially helpful in relieving acute gout attacks. Always use organic vinegar with the mother intact.

## Lemon juice and baking soda

Another alkalizing drink that works miracles for some people is a lemon juice and baking soda cocktail. Mixing the highly acidic lemon juice with the highly alkaline [baking](#) soda creates a perfectly balanced pH that matches the body's natural healthy pH, which helps to restore balance almost instantaneously. Pour the juice of one lemon - about 2 oz. - into a tall glass. Add 1/2 teaspoon of baking soda and allow it to fizz and bubble until it is completely flat -- about two minutes. It can also be stirred. Add 8 oz. of water and drink immediately. It should taste like flat water.

**Chronic kidney disease (CKD)** is a serious condition marked by the permanent loss of kidney function. When the kidneys are damaged, the organs can't remove wastes and extra water from the blood as well as they should and the result can be a host of serious and even deadly health consequences. But now researchers in the United Kingdom have made a breakthrough in the treatment of advanced CKD -- and it doesn't involve a new drug or high tech surgery. Instead, it's simply a daily dose of sodium bicarbonate or, as it is more commonly called, baking soda.

Used for everything from baking cookies and non-toxic cleaning to relieving indigestion and sunburn, now baking soda has been shown to slow the decline of kidney function in CKD, according to a study set for publication in the *Journal of the American Society of Nephrology (JASN)*. "This cheap and simple strategy also improves patients' nutritional status, and has the potential of translating into significant economic, quality of life, and clinical outcome benefits," researcher Magdi Yaqoob, MD, of the Royal London Hospital, said in a statement to the media.

This is an enormously important finding because CKD is a growing health problem, both in the UK and the US. According to the National Institutes of Health (NIH), between 1990 and 2000, the number of people with kidney failure requiring dialysis or transplantation in the US virtually doubled to 380,000. If this trend continues, around 700,000 people will have serious kidney failure by 2010.

Dr. Yaqoob studied 134 patients with advanced CKD and low bicarbonate levels, a condition known as *metabolic acidosis*. One group of these patients was treated with a small daily dose of sodium bicarbonate in tablet form, in addition to their usual care. The results? The rate of decline in kidney function was dramatically reduced in these patients. Overall, the decline was about two-thirds slower than in patients not given sodium bicarbonate. ***"In fact, in patients taking sodium bicarbonate, the rate of decline in kidney function was similar to the normal age-related decline,"*** Dr. Yaqoob stated.

The patients taking sodium bicarbonate were also less likely to develop end-stage renal disease (ESRD) which causes [people](#) with CKD to undergo regular dialysis. In addition, those taking sodium bicarbonate also had improvement in several measures of nutrition. And, even though their levels of sodium went up, they did not experience increased blood pressure.

Low bicarbonate levels are common in patients with CKD and can lead to a wide range of other problems. "This is the first randomized controlled study of its kind," says Yaqoob. "A simple remedy like sodium bicarbonate ([baking soda](#)), when used appropriately, can be very effective."

The NIH estimates that 20 million Americans have significantly reduced kidney function, and even a small decline in kidney function can double a person's risk of developing cardiovascular disease. Many people will experience heart attacks or strokes before they are even aware they have kidney disease. Fortunately, there are many natural strategies that can help prevent, fight and heal kidney disease ([http://www.healingfoodreference.com/kidney\\_disease.html](http://www.healingfoodreference.com/kidney_disease.html)). For example, avoiding [soda](#) pop can lower the odds of developing CKD in the first place ([http://www.naturalnews.com/025582\\_soda\\_health\\_soda\\_pop.html](http://www.naturalnews.com/025582_soda_health_soda_pop.html)). And, as reported earlier in NaturalNews, eating fish a couple of times a week has been shown to help prevent kidney disease in diabetics ([http://www.naturalnews.com/News\\_000550\\_fish\\_protein\\_fish\\_oil\\_diabetes...](http://www.naturalnews.com/News_000550_fish_protein_fish_oil_diabetes...)).

Learn more: [http://www.naturalnews.com/026920\\_soda\\_baking.html#ixzz2QxPJDEOi](http://www.naturalnews.com/026920_soda_baking.html#ixzz2QxPJDEOi)

When [baking](#) soda is added to bath water, sunburn sufferers often experience a notable reduction in pain. Place a cup (8 ounces) of baking soda under the running bath tap so it dissolves completely, and soak in a lukewarm tub for about half an hour. Such a bath will soothe the pain – and you won't have to endure the stinging sensation of a shower. Adding baking soda to a hot bath at any time also helps wash [acid](#) wastes out of the body.

In addition, baking soda can be used in cool (but not cold) bath water to soothe other skin irritations and alleviate itching from prickly heat, bee stings, insect bites, and other minor skin ailments. A paste (made with just enough water to get the desired sticky consistency) placed on an insect bite or sting and allowed to dry is a time-tested approach for drawing out and neutralizing poisons.

People with skin allergies who tend to react to commercial laundry detergents might find that washing their clothing and bedding in baking soda is less irritating.

Simple baking soda may also weaken the desire for a cigarette as well as reduce the desire for sugar and sweets. It's used in kidney dialysis to reduce the level of acids in the bloodstream, and acts to prevent bacterial growth in food products. For general purposes of alkalinizing the body, quarter to half a teaspoon twice a day in water is usually enough.