



LIVINGGOOD DAILY

BAKING SODA GUIDE





Baking soda is an age old remedy that has various uses inside and outside of the body. From whitening teeth to deodorizing, to counteracting acid and inflammation in the body, **baking soda is a staple for your home.**

Check out the video below for 13 incredible uses of Baking Soda.



[*Click here to watch the video!*](#)

External Uses:

Externally, baking soda is great for soothing and detoxing the skin as well as soothing muscles when used in the bath. A baking soda and water paste can be used as a scrub, to soothe insect bites, or for dental hygiene!

Muscle and Joint Soothing Bath:

- 1/2 - 1 Cup baking soda added to warm bath water
- Can also add 1/2 - 1 cup of Epsom salts for further detoxification and muscle soothing
- Soak in a bath for 15-20 minutes



[*Click here to watch the video!*](#)

Exfoliating Scrub:

- 1-2 Tbs of baking soda
- Roughly 1 Tbs of water (just enough water to make a paste consistency)
- 1-2x per week, massage over face and rinse

Toothpaste:

- Cleans teeth, freshens breath, and whitens teeth!
- Sprinkle a generous amount on a wet toothbrush and brush teeth as normal
- Can be used everyday or on occasion as a teeth whitener

Internal Uses and Recipes:

Internally, baking soda is great to mitigate acid in the body, reduce inflammation, as well as **detoxify the body**. Baking soda can also be combined with other ingredients like lemon juice or apple cider vinegar to act as a digestive support.

Note that while mixing baking soda with these acidic ingredients **can be very soothing** to the gut for most, it can cause some gas, so individuals who struggle with excess gas may want to be aware of this! In general, this is just to be used for a short period of time, up to 10 days maximum.

Repeating **once every month to 2 months** as a detox or as needed for a digestive tonic. Please seek medical advice if you are having consistent digestive symptoms and feel that you need a long term solution.



Drink Recipes and Benefits:

Joint Stiffness Relief Drink:

- 10 oz filtered water
- 1/4 - 1/2 teaspoon Baking Soda

Digestive Tonic:

- 10 oz filtered water
- 1/2 squeezed lemon juice
- 1/2 tsp baking soda

\$1 Detox Drink:

- 10 oz filtered water
- 1 Tablespoon of raw apple cider vinegar
- 1/2 squeezed lemon juice
- 1/2 tsp baking soda
- Optional: drops of monk fruit or stevia



[*Click here to watch the video!*](#)

FAQs:

Are Sodium bicarbonate, bicarbonate soda, and baking soda all the same?

Yes, depending on where you live, baking soda might be called bicarbonate soda or sodium bicarbonate, which is also the scientific name.

Baking soda and heavy metals? Brand recommendations?

As with anything, we recommend doing your research on what brand you buy. You can check out our [Livingood Daily Market](#) for products that Dr. Livingood, Jessica, and our Livingood Daily Team use regularly!

Won't baking soda and ACV “cancel each other out”?

Baking soda mixed with ACV can actually be great for calming the gut. Everyone's health is unique, though, so this might not be a great tool for you if you are prone to excess gas initially.

Is it okay to have that much sodium?

Everyone's health is unique! We do not recommend ingesting Baking Soda as a long-term solution, but taking it occasionally or for a few days at a time is generally safe. If you have specific concerns, please reach out to your healthcare provider.





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