FITNESS & BEAUTY

She Rubs Baking Soda on Her Feet 2x per Week. The Result Is Stunning

By bestfolkmedicine · 08/05/2020 · 2 min read



Without doubt, baking soda is one of the most versatile ingredients of all time- it can be used for cleaning, for cooking or as a natural remedy.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

It's inexpensive, potent, and simple to use. It can be a great replacement for commercial products that are often full of other chemicals and can sometimes be too expensive. Baking soda is just baking soda.

Among its best and most popular uses is for the feet- it can help you clean and relax them without having to go to the spa and pay for an expensive pedicure.

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But, baking soda has so many other things to offer- continue reading the article to check out some of the best health advantages that this amazing ingredient has in store for you!

The Best Uses of Baking Soda

- **Relaxes and cleans the feet**

Fill a basin with warm water and add 3 tbsp of baking soda in it.

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Soak the feet in the water and massage them gently. Then, rinse them and treat them with pumice stone before applying moisturizer.

Repeat twice per week for optimal results. When you're in for a warm relaxing weekend bath, add several tbsp of baking soda to the water- this will help you relax and reenergize the body.

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- **Relieves digestive problems & heartburn**

Baking soda is a potent antacid- add 2 tsp of the powder in a glass of water and drink it when you have a heartburn or when you're dealing with digestive discomfort.

- **Reduce sweating**

If you're sweating excessively and want to put an end to it naturally, make a blend of water and baking soda and apply a bit of it on the armpits.

This will help keep them dry and smelling nice without any chemicals.

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- **Alleviate bee stings**

If you've been bitten by a bee or a wasp, apply baking soda onto the wound after removing the stinger- this will help reduce the pain and speed up the healing.

- **Healthy hair**

Add baking soda to your shampoo for additional cleaning boost and shinier hair.

If you have greasy hair, soak your brush in a mixture of baking soda and water and comb the hair with it.

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This will help relieve the greasiness. After doing this, rinse off the hair as you usually do.

Sources:

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