

# Greenwich Sentinel

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## On Health

# Baking Soda & Lemons



**By Julia Chiappetta**

A box of Baking soda always has a place in my fridge to absorb odors, but now it has a place on my supplement shelf. I remember a day several years ago when my tummy was not feeling well and my wise friend John Setten suggested I take a teaspoon in water. I thought, yuck, but I drank it and continue to add this easy elixir to my wellness program. Baking soda, like apple cider vinegar and coconut oil, is many faceted. It may be used to brush your teeth, remove plaque and clean your breath. And....it also alleviates insect bites and mixed with water helps to remove bee stings and splinters. It may be used as a natural deodorant, detoxifying foot soak and exfoliator. More so, drinking it with water is known to be effective in relieving heartburn and indigestion.

So, what is it really made of? It is 100% sodium bicarbonate, but we associate it with baking as a leavening agent. In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron. Natron contains

large amounts of sodium bicarbonate and has been used since ancient times. Baking soda is also aluminum-free, unlike its cousin baking powder. By the 1860s, baking soda was featured in cookbooks and by the 1930's was widely advertised as a "proven medical agent." Wow, imagine that!

The best part is that you can purchase a box of baking soda for under \$ 2, making it one of the most inexpensive home remedies to have on your shelf. Some other uses include: as a natural deodorant, soothing relief from Poison Ivy, hand cleanser and it even helps to enhance sports performance by reducing acidity because. Sodium bicarbonate is an alkaline substance that increases the pH of the blood which seems to reduce and offset lactic acid in our muscles during anaerobic exercise.

Now let's add some lemons for a PUNCH!

Baking soda and lemons make good friends because of their combined health benefits. As I wrote previously in another column, lemon juice is acidic but it creates an alkaline environment inside our bodies after being metabolized. It helps to bring relief to our digestive system for acid reflux, heartburn, constipation, bloating and nausea. Lemon juice is high in vitamin C and B and used as a natural antiseptic. I remember my Mom telling me that my grandfather brushed his teeth with lemons and salt...and.... because lemons are high in vitamin C, they work naturally to fight against bacterial and fungal infections.

To start your day- prepare a nice little drink in the morning on an empty

stomach by combining 6-8 ounces of lemon juice and one teaspoons of baking soda. You may also dilute it a bit more to taste with clean purified or distilled water and voila, your will start the day alkaline.

As always drink a nice organic green juice and take in an abundance of nutrients. Go on a giving rampage, soak in the all the blessings from God and share your gifts and talents. This week I was honored to pray with my friend Joanna from Chicago; a young mom with breast cancer, fighting her battle with courage and conviction. Our prayer time was powerful and knowing her has forever changed me. It has surely been a week of reflection as I think of Joanna and how much she wants to live for her children and for my dear friend John, who took a one-way flight to Heaven this past year. I miss you John, this column is for you!

Love your body!

*Julia Chiappetta is the author of "Breast Cancer: The Notebook" (Gemini Media, 2006) and is also the owner of Julia Chiappetta Consulting. She lives in Cos Cob. More information and past columns can be found at [JuliaChiappetta.com](http://JuliaChiappetta.com).*

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