



Sodium Bicarbonate: Nature's Unique First Aid Remedy

A Book Review by Dr. Mark Sircus

This small book comes with a great deal of referenced information on every page. At the start of it, we are reminded of some basic uses of sodium bicarbonate. It is known as one of our household cleaners and laundry detergent helper. Some of us use it for eliminating unpleasant odors. It absorbs moisture, it cleans our teeth, and is effective against canker sores. It keeps septic tanks healthy and relieves burning from bug stings, poison ivy, nettles and sunburn. It kills fleas and drives away ants.

The native chemical and physical properties of sodium bicarbonate account for its wide range of applications, as it tends to maintain a pH of 8.1 (7 is neutral).

The author gives examples of using sodium bicarbonate in emergency and intensive care situations along with more routine medical uses. There are chapters on its uses for treatment of the pancreas, kidney disease, diabetes and cancer. It is used to help with radiation: treating radioactive, chemical and heavy metal toxicity.

This book brings to light the use of sodium bicarbonate and other naturally occurring substances that can assist us with the conditions we often face in our lives. Many of these uses have been 'passed down from one generation to another' with excellent results.

DISCLAIMER: The information provided here by the CORAC Health and Wellness team is for educational purposes only. It is not intended to diagnose or treat any illness or condition; and it is not intended to be, nor should it be construed as, medical advice. We encourage you to make your own health decisions based upon your research and in consultation with a qualified professional.