

# Baking Soda Class



# Baking Soda

- Baking soda or otherwise known as sodium bicarbonate or sodium hydrogen carbonate, most often appears as a white powder. It is the chemical compound with the formula  $\text{NaHCO}_3$ . It has a slightly alkaline salty taste. It can be found dissolved in many mineral springs and is a component (the natural form is called nahcolite) of the mineral natron. Baking soda has been used since ancient times. The ancient Egyptians used natron as a soap. Arm and Hammer, the company that everyone most associates with baking soda, introduced the product over 150 years ago.
- It is usually prepared in a process called the Solvay Process. The Solvay Process is the reaction of ammonia, sodium chloride, and carbon dioxide.
- The product can be used for many different industries. It can be used for cleaning products, food, hair care, medicinal benefits, skin care, bath and body products, soaps, and cosmetics. In 1846, two men named Austin Church and John Dwight, who were both bakers in New York, started the first baking soda factory. Did you know that around 1972 people started keeping a box of baking soda in their refrigerators to keep their foods fresher longer?



# Baking Soda Uses in Industries

## Cleaning Products

- There are many cleaning benefits to using baking soda such as when diluted with water, it can remove tea and coffee stains from cups and pots. It can also clean ovens and even microwaves. By soaking stale-smelling sponges in baking soda solution, it will make them fresher and smell better. Marks on walls can be removed and vinyl shower curtains can be cleaned by gently rubbing them with a sponge that has baking soda on it.
- Cloth diapers can be cleaned using 2 quarts of water with ½ cup of dissolved baking soda.
- Sprinkled baking soda will help remove grease and oil stains from floors and drive ways. Cars can be cleaned using baking soda solutions and batteries that are corroded with acid can be neutralized with baking soda.
- A baking soda paste made out of baking soda and water will easily polish silverware. Even furniture can be polished by making a homemade furniture polish that includes baking soda.

## Deodorizers

- Many different things can be deodorized using baking soda such as mattresses, pet bedding, linens, refrigerators, sneakers, lunch boxes and cutting boards. It can also deodorize dishwashers, garbage disposals, trash cans, drains, and cars.
- Stuffed animals can be freshened by sprinkling them with baking soda. Closets can also be freshened by keeping a box of it in them.
- Body odor can be taken care of by using baking soda instead of regular deodorant.
- By sprinkling baking soda on carpets and leaving it overnight, it will remove smells. When vacuuming the remainder of it up in the morning, it will also deodorize the vacuum cleaner.



# Uses in Industries

## Food

- When used for food purposes, baking soda is known mainly as an ingredient for baking breads, cakes, cookies, and pancakes. It works as a leavening agent to make the foods expand or rise. There are also other food benefits to it as well. When making tomato sauce, baking soda can be added to neutralize the acidity of the tomatoes. It can be added to beans that are soaking water and is said to help prevent the beans from causing flatulence. Fresh cut fruit can be soaked for a little while in baking soda to prevent it from yellowing. Many restaurants use baking soda to prevent stove, grill, or fryer fires. In Chinese cuisine, a little bit of baking soda can be added to meat to tenderize it.

## Bath and Body Products

- Many different products and industries have uses for baking soda. It can be used in foods, cosmetics, hair care, skin care, bath and body products, cleaning products, and soaping. When combined with borax and soap, laundry detergent and dish soap detergent can be made.
- There are many bath bomb recipes that are made with a combination of baking soda and citric acid.
- Many skin care benefits come from baking soda. It gives the skin a silky and soft feeling, helps to treat many skin conditions and is also great for exfoliating the skin.
- For hair care, baking soda can be used in a rinse to make the hair softer and give it a silky feeling.
- Baking soda can also help to remove spray tans when combined with lemon juice.



# Uses in Industries Cont.

## Medicinal

- There are many medicinal benefits that come from using baking soda. It can be used to treat acid indigestion, heartburn, and allergic reactions to poison ivy, oak, or sumac. It can also be used to help remove splinters from skin, intravenously to treat acidosis (meaning there is an increased acidity to body tissue and blood), treat the common cold, the flu, and help relieve ulcer pain. In the 1930s, baking soda was being widely advertised as a “proven medical agent.”
- Baking soda can also be used for skin care. It can help to treat sunburns, acne, psoriasis, help to relieve the pain of insect bites and is also a great exfoliator for your body and face.
- There is also a theory that baking soda can cure cancer.
- It also can help with kidney failure by slowing down the decline of the kidneys.
- One of the most known advantages of baking soda is using it for oral health. It is an ingredient in many toothpastes and mouthwashes and helps to remove plaque from teeth. However, when using baking soda orally, be careful with the amounts used. Diarrhea and temporary nausea can be caused by too large of a dose.
- For athletes, taking baking soda before a match or game can help to delay them from getting tired, enhances their performance and it also helps to build up the lactic acids in their muscles.
- Foot odors and fungus can be treated by soaking the feet in baking soda.



# Other Uses

- It can also remove blood stains from clothing.
- Baking soda can also be used as supplement for cattle feed.
- Fungus growth can be controlled by using baking soda as a biopesticide.
- Pouring baking soda regularly in septic tanks helps to keep the system flowing freely and maintain a favorable pH balance.
- Many people keep baking soda with on camping trips because of its many uses!
- Scuff marks can be taken off of vinyl and suede shoes using baking soda.
- Nature's Garden sells [baking soda](#) for external use only. We do not sell it as a food item. The information above talks about how great baking soda is for many industries, however we only sell it for external use. We provide this data for educational purposes only. Nothing in this article is to be construed as medical advice. Please consult your doctor before using this product or any of this information for treatment purposes.
- Are you intrigued by this wonderful products' many uses? Thinking about trying out some new recipes with baking soda? Try out one of our free recipes like our [Fairy Dust Fizzy Bath](#) recipe? Or one of our bath bomb recipes like [Green Apple Candy Bath Bombs](#) or [Hatching Dinosaur Egg Bath Bombs](#)! Foot odor problems? Try our free recipe for [Stinky Feet Foot Powder](#)! Looking for a way to spook your friends? Try our [Monster Bath Cookies](#) recipe!

