

Cellulite Reduction for Firmer Looking Skin with Epione



[Epione Beverly Hills](#)

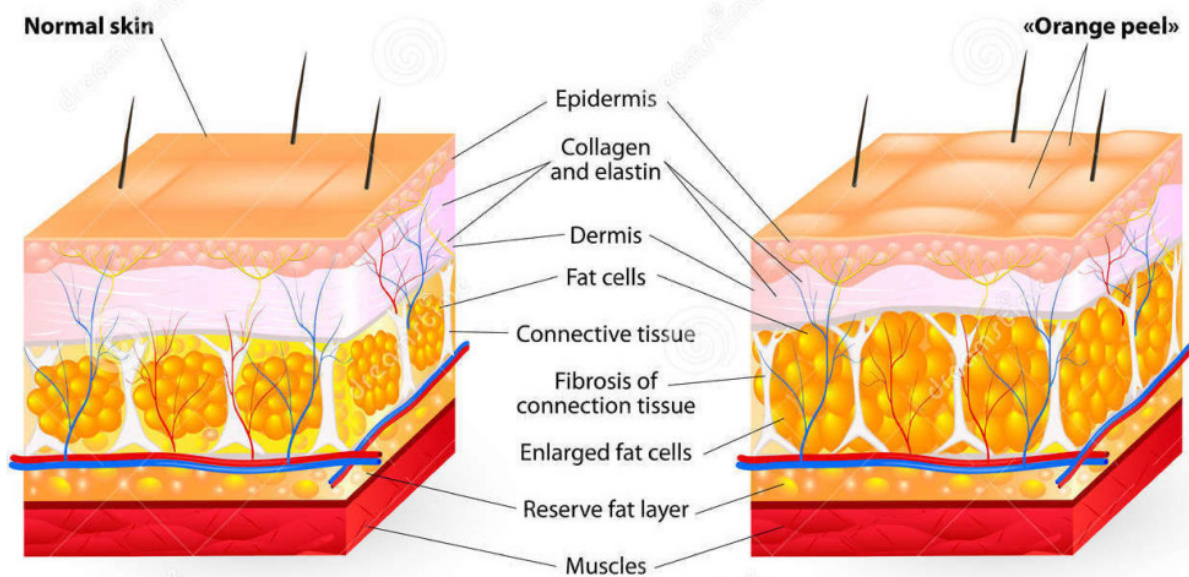
SIMON OURIAN



In 1998, the good doctor found Epione Beverly Hills. It was one of the first facilities in California committed to the practice of aesthetic laser procedures and non-invasive procedures. Many consider Dr. Simon Ourian as a leading authority in the utilization of lasers for non-invasive treatments.

[Dr Simon Ourian](#)

THE FORMATION OF CELLULITE



What Is Cellulite?

Under your skin, there's a network of connective-tissue strands, called septae, that hold the fat in place. If the septae aren't strong and tightly woven together (which may be determined by genetics), the fat can bulge out between them, creating ripples on the skin's surface—a.k.a. cellulite. Women are more likely than men to have cellulite, since they have fewer and less tightly arranged septae. Women also have thinner skin, as well as hormones that can affect the size of fat cells and the strength of the septae.

Cellulite Reduction for Firmer Looking Skin

Whether age or genetics are to blame, cellulite is the bane of almost every woman (and more than a handful of men) that yearns after firm, youthful looking skin. On the bright side, having cellulite does not mean that you are overweight. It

simply means that the normal fat beneath your skin is a little out of control and has begun to press against your connective tissue, causing those orange peel lumps and bumps that make you dread bikini season. Cellulite reduction can assist in diminishing the lumpy appearance of these fat pockets, giving your skin a softer, firmer appearance.



Cellulite Reduction Treatment

While there are a variety of treatments available to reduce cellulite, ultrasound cellulite reduction treatment may be one of the most effective. Ultrasonic energy can be used to target a specific area of the body, breaking down unwanted fat cells in the subcutaneous region of the skin. Pulses of acoustic waves are able to penetrate the upper layers of skin without causing them any damage, targeting the stubborn fat pockets found 15mm below the surface of the skin.

Pulsed ultrasonic treatment ensures that fat cells are broken down instantly by a mechanical process, rather than by using

heat. These “dead” fat cells are then evacuated from the body by its own natural pathways.

Cellulite Reduction Treatment Reviews

After approximately three sessions, according to online cellulite reduction treatment reviews, many people report the changes in body contour that they are looking for. Sometimes the results are so favorable that they request treatment in other areas of their body. Ultrasonic cellulite reduction is good not only for the stomach region, but also for thighs and love handles. Another major perk of this particular cellulite treatment is the “walk in, walk out” nature of the procedure. Clients can easily schedule a session in their lunch hour, secure in the knowledge that they will not have to deal with any bruising, swelling or pain.



Massage Cellulite Reduction

There are some people who believe that specific forms of massage can assist in reducing cellulite. The increased blood flow in the target area is said to remove unwanted toxins and lower fluid levels in areas that contain the most cellulite. Essentially, vigorous massaging does actually compress cellulite, thus reducing its appearance. However, the solution is only temporary and will probably not yield long-term results. For long-term cellulite removal, patients will need to seek an alternative solution.



Viora Cellulite Reduction Treatment

This cellulite treatment combines radiofrequency and vacuum therapy to penetrate into the deeper layers of the skin. The radiofrequency energy is used to break up fat cells in the enlarged fat pockets under the skin, while the vacuum action helps to boost levels of circulation and activate lymphatic drainage in order to move unwanted fat cells out of the body. Patients reportedly experience no discomfort during Viora cellulite reduction treatment, a non-invasive procedure and will feel as though they are receiving a deep tissue massage.

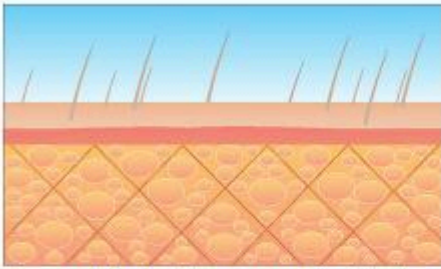


Ionithermie Cellulite Reduction Treatment

This type of cellulite reduction treatment is a combination of a topical application and mild electrical stimulation. A topical treatment of amino acids and micronized algae is applied to the surface of the skin. Gauze and a layer of clay are added in an effort to increase circulation and stimulate the release of unwanted toxins. Electrodes are applied to the treatment area for treatment sessions that last for roughly thirty minutes.

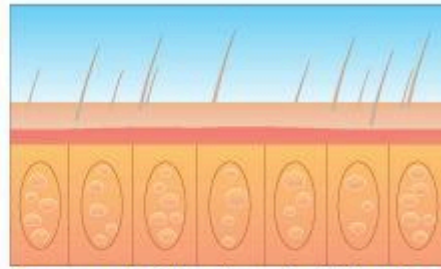
After the half-hour treatment, the topical algae treatment is almost completely dried out. The dried "shell" is easily cracked open and removed, after which a skin-soothing lotion is applied. Generally, the results of Ionithermie cellulite reduction treatment are only temporary. Repeat treatments assist in keeping the effects of cellulite at bay for longer periods of time.

Male Fat Cells

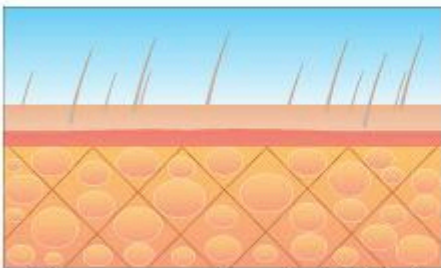


A man's fat cells, represented by the circles, are contained by a crisscrossing series of collagen.

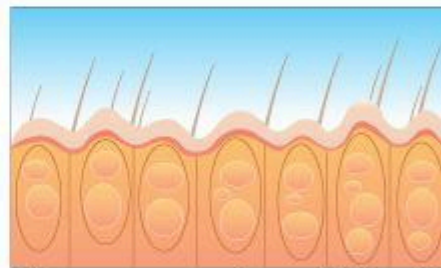
Female Fat Cells



A woman's fat cells are held in place below the skin by cube-like structures contained by collagen bands.



When a man gains weight, his fat cells enlarge. When this happens, the fat cell chambers stretch. Because of the arrangement of the chambers, they do so evenly.



When a woman gains weight the fat cells enlarge. Because of the arrangement of the fat cell chambers, they push into the skin and cause irregularity. This leads to the "orange peel" effect of cellulite.

Laser Lipo Treatment

Laser Lipo is considered to be one of the most popular anti-cellulite treatments around. A high energy, precise laser is directed at a specific area. A small amount of heat is used to break down unwanted fat cells in the target area, which are then flushed out of the body along the natural pathways. Careful control of the laser ensures that the skin is not damaged and that the fat cells alone are targeted.

Cellulite Reduction Cream

Most cellulite creams assist in reducing the effects of the problem by draining excess fluids and smoothing the surface of the skin. Unfortunately, the effects are only temporary as there is almost no way for the cream to penetrate to the subcutaneous levels of the skin. When choosing creams to

temporarily reduce “orange peel” on the thighs or stomach, it is important to find products that assist in improving circulation.

Cellulite Reduction Treatment Cost

Each different type of cellulite reduction treatment carries a different cost. It therefore stands to reason that patients would want to do a little research before committing to any one of them. While it may seem as though cellulite reduction creams are the cheapest alternative, it is important to consider the fact that a single person could go through several different tubes of several different products before seeing any results. So, while one tube of lotion costs below \$100, the testing process alone could extend to well above \$1000 without ever getting the results one desires.

Ionithermie treatments tend to cost anywhere between \$130 and \$170. It could take up to 5 treatments to see any worthwhile results, and even then they will only be temporary. Viora treatments can cost up to \$350, depending on the size of the treatment area.



Epicuren Espresso Limon Slimming Body Oil
4oz



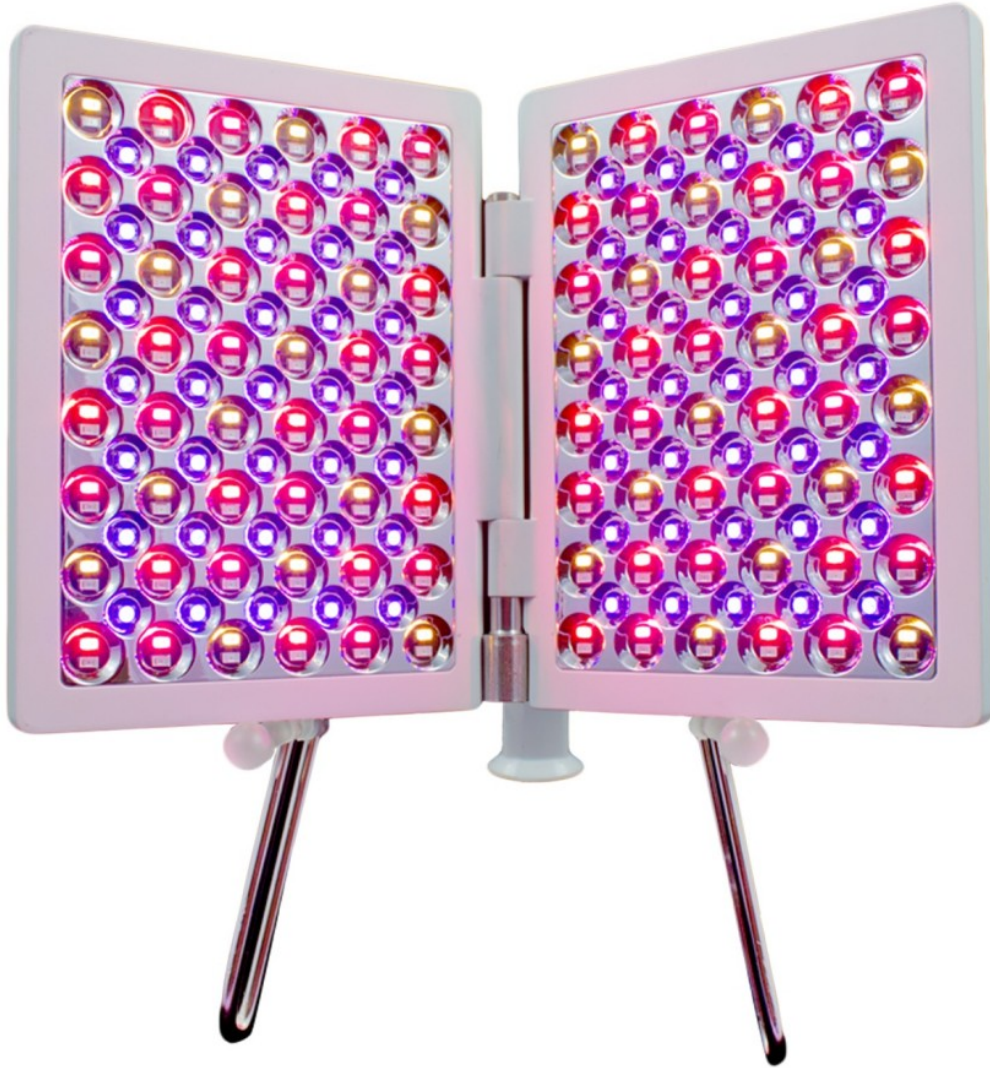
NutraLuxe MD Red Nutra Light Skin
Rejuvenation



Revive Pain Relief Clinical Collection
Larger Treatment Area



Revive Anti-Aging Treatment and Peptide Serum



Revive Professional Collection Panel System

Probiotics

Sauerkraut



Dark
Chocolate



pickles

Kombucha
tea



kimchi



What are Probiotics

From <https://www.gastro.org>

Probiotics are living microscopic organisms, or microorganisms, that scientific research has shown to benefit your health. Most often they are bacteria, but they may also be other organisms such as yeasts. In some cases they are similar, or the same, as the “good” bacteria already in your body, particularly those in your gut. These good bacteria are part of the trillions of microorganisms that inhabit our bodies. This community of microorganisms is called the microbiota. Some microbiota organisms can cause disease. However, others are necessary for good health and digestion.

The most common probiotic bacteria come from two groups, *Lactobacillus* or *Bifidobacterium*, although it is important to remember that many other types of bacteria are also classified as probiotics. Each group of bacteria has different species and each species has different strains. This is important to remember because different strains have different benefits for different parts of your body. For example, *Lactobacillus casei* Shirota has been shown to support the immune system and to help food move through the gut, but *Lactobacillus bulgaricus* may help relieve symptoms of lactose intolerance, a condition in which people cannot digest the lactose found in most milk and dairy products. In general, not all probiotics are the same, and they don't all work the same way.

Scientists are still sorting out exactly how probiotics work. They may:

- Boost your immune system by enhancing the production of antibodies to certain vaccines.
- Produce substances that prevent infection.
- Prevent harmful bacteria from attaching to the gut lining and growing there.

- Send signals to your cells to strengthen the mucus in your intestine and help it act as a barrier against infection.
- Inhibit or destroy toxins released by certain “bad” bacteria that can make you sick.
- Produce B vitamins necessary for metabolizing the food you eat, warding off anemia caused by deficiencies in B6 and B12, and maintaining healthy skin and a healthy nervous system.



Health Benefits of Probiotic Foods

According to neurologist Dr. Natasha Campbell-McBride

“Every traditional culture, when you look at their traditional diet, they ferment their foods. They fermented everything. You can ferment dairy, grains, beans, vegetables, fruits, meats, and fish. Everything can be fermented, and there were fermented beverages in every culture. When the cabbages were ripe in September, you made it a fermented cabbage.

Perhaps for a month or two, you were eating fresh cabbage, but then for the rest of the year, 10 months of the year, you ate your cabbage in a fermented form. Quite a large percent of all the foods that people consume on a daily basis were fermented. And with every mouthful of these fermented foods you consume trillions of beneficial bacteria”

Fermented foods have been consumed for over 5000 years and even in the past 100 years certain cultures have excelled on probiotic rich foods.

Germans consumed sauerkraut, Indians consumed lassi, Bulgarians consumed kefir, Asians cultures consumed kimchi, Russians consumed raw yogurt, and Kenyan’s consumed amasi.

Fermented foods give you way more units of probiotics and strains of probiotics than a supplement ever will. When Dr. McBride tested the fermented vegetables she made to a bottle of a good quality probiotic she found that her vegetables had trillions of probiotic units and over 30 strains **which means her one serving of fermented vegetables was equal to an entire bottle of probiotics.**

Dr. McBride also states that, *“Nature is extremely wise and populated all organic fruit and vegetables, the dust on our soils, and all plant matter with Lactobacilli. The fresh cabbage leaves, if it’s organically grown (not the one from chemical farming), will be covered in Lactobacilli lacto-*

fermenting bacteria. You don't need to add anything. You just chop it up. Add some salt in the initial stages. (The salt is added in the initial stage in order to stop putrefactive bacteria from multiplying.) Then as the Lactobacillus stop working and start multiplying, they produce lactic acid. That's why they're called Lactobacillus. That's just lactic acid.

If you look at the research in lactic acid, it is one of the most powerful antiseptics. It kills off lots and lots of bad bacteria... So as the lactic acid starts producing, it will kill off all those putrefactive and pathogenic microbes and preserve the food. It's a great preservative... A good batch of sauerkraut can keep for five to six years without spoiling or rotting, as long as it is covered by its own juice."

This process of fermentation does even more than than preserve your food, it also makes the nutrients in the food more bio-available. According to Dr. McBride, **the amount of bio-available vitamin C in sauerkraut is 20 times higher than in fresh cabbage!**

One of the other aspects that make the probiotic benefits in fermented foods so amazing is that they also kill off bad bacteria!

The healthy bacteria, or probiotics, live longer than the unhealthy ones and actually help to end the bad bacteria reign in the gut. This decrease in 'bad bacteria' like candida and h. pylori naturally benefits the body with less illness and diseases and lower rates of inflammation.

Probiotic Foods

from <http://draxe.com>



Kefir – Similar to yogurt, this fermented dairy product is a unique combination of milk and fermented kefir grains. Kefir has been consumed for well over 3000 years and the term kefir was started in Russia and Turkey and means “feeling good”. It has a slightly acidic and tart flavor and contains anywhere from 10 to 34 strains of probiotics. Kefir is similar to yogurt, but because it is fermented with yeast and more bacteria the final product is higher in probiotics.

**To make and maintain your own Kefir click
this link**

– <http://www.wikihow.com/Maintain-Kefir-Grains>



Cultured Vegetables (Sauerkraut and Kimchi) – Made from fermented cabbage and other vegetables, sauerkraut is not diverse in probiotics, but is high in organic acids (what gives food its sour taste) which support the growth of good bacteria. Sauerkraut is extremely popular in Germany today. Kimchi is a cousin to sauerkraut and is the Korean take on cultured veggies. Both of the fermented formulas are also high in enzymes which can aid digestion.



Kombucha – Is an effervescent fermentation of black tea that is started by using a SCOBY also known as a symbiotic colony of bacteria and yeast. [Kombucha](#) has been around for over 2,000

years originating around Japan. Many claims have been made about kombucha but it's primarily health benefits include digestive support, increased energy and liver detoxification.

For information on [Kombucha](#)

Check out this post at www.healthambition.com



Coconut Kefir – Made by fermenting the juice of young coconuts with kefir grains. This dairy-free option for kefir has some of the same probiotics as traditional dairy kefir but is typically not as high in probiotics. Still, it has several strains that are great for your health. Coconut kefir has a great flavor and you can add a bit of stevia, water and lime juice to it and make a great tasting drink.



Natto – A popular dish in Japan consisting of fermented soybeans. Natto contains the extremely powerful probiotic bacillus subtilis which has been proven to bolster your immune system, support cardiovascular health and enhance digestion of

vitamin K2. Also, Natto contains a powerful anti-inflammatory enzyme called nattokinase



Yogurt – Possibly the most popular probiotic food is live cultured yogurt or greek yogurt made from the milk of cows, goats, or sheep. Yogurt in most cases can rank at the top of probiotic foods if it comes from raw grass-fed animals. The problem is there is a large variation on the quality of yogurts on the market today. It is recommend when buying yogurt to look for 3 things. First, that it comes from goat's or sheep milk, second, that it is grass-fed, and third, that it is organic.



Kvass – This is a common fermented beverage in Eastern Europe since ancient times. It was traditionally made by fermenting rye or barley, but in more recent years has been created using beets, fruit along with other root vegetables like carrots.

Kvass uses lactobacilli probiotics and is known for its blood and liver cleansing properties and has a mild sour flavor.



Raw Cheese – Goat's milk, sheep's milk and A2 cows soft cheeses are particularly high in probiotics, including thermophilus, bifidus, bulgaricus and acidophilus. Always

buy raw and unpasteurized cheeses if you want to receive any probiotics.

Probiotic Breakfast Ideas

Key

F = Fundamentals, S = Sourdough, CD = Cultured Dairy, and LF = Lacto-Fermentation.

All *fermented foods* are listed in *italics*.

<p><i>Salsa</i> (LF) with eggs</p>	<p>Soaked, sprouted or sourdough muffins (F, S) with <i>cultured butter</i> (CD) and <i>preserves</i> (LF) or <i>fermented honey</i> (LF)</p>	<p>Plain <i>kefir</i> or <i>yogurt</i> (CD) with fruit, <i>fruit preserves</i> (LF) or <i>fruit chutney</i> (LF), soaked nuts, dried fruit, and/or <i>fermented honey</i> (LF)</p>
<p>English muffin (S) egg sandwiches with <i>raw cheese</i> (CD) and <i>mayonnaise</i> (LF)</p>	<p>Hard-boiled eggs with various condiments mixed in: <i>olives</i> (LF), <i>kraut</i> (LF), <i>sour cream</i> (CD), <i>mayonnaise</i> (LF), <i>raw cheese</i> (CD), <i>salsa</i> (LF), or <i>cultured butter</i> (CD)</p>	<p><i>Sauerkraut</i> (F) or <i>kimchi</i> (LF) with scrambled eggs and any other breakfast fixings, like sausage or bacon</p>

<p>Smoothie with plain <i>kefir</i> or <i>yogurt</i> (CD) with <i>fermented honey</i> (LF), coconut oil, fruit, <i>fruit preserves</i> (LF), <i>fruit chutney</i> (LF), or fresh or frozen fruit</p>	<p>Sourdough crepes (S) with <i>fruit preserves</i> (LF), <i>fruit chutney</i> (LF), <i>fruit relish</i> (LF), <i>sour cream</i> (CD), and/or <i>fermented honey</i> (LF)</p>	<p>Sourdough crepes (S) with scrambled eggs, <i>sour cream</i> (CD), <i>salsa</i> (LF), and/or <i>guacamole</i> (LF)</p>
<p>Toast with <i>cultured butter</i> (CD)</p>	<p><i>Beet kvass</i> (LF) or other fermented beverage</p>	

Why we should be taking probiotics

Probiotic Foods to Add to Your Diet

How to Increase Probiotics in Your Diet

Click on the images below to find out more about any of these products



Revive Light Therapy DPL Panel System

The DPL® Therapy System is the most advanced healthcare product

for your body. DPL® Therapy utilizes Red and infrared Led wavelengths and a proprietary design based on NASA research and specifications to treat pain.



[Revive Pain Relief Light Therapy Handheld](#)

System

reVive Pain Relief Light Therapy™ Handheld System. Provides all natural relief of aches and pains related to Arthritis, sore muscles, muscle spasms, tendontis and many other ailments.



Eminence Organics Clear Skin Probiotic Cleanser



Eminence Organics Clear Skin Probiotic Moisturizer

Homemade Skincare



Bug Off Citrus Butter

One way to keep pesky little critters fully controlled

1/2 cup Cocoa butter

1/2 cup Coconut oil

1/2 cup Shea butter

1/2 cup Sweet Almond Oil 1 tsp vitamin E oil

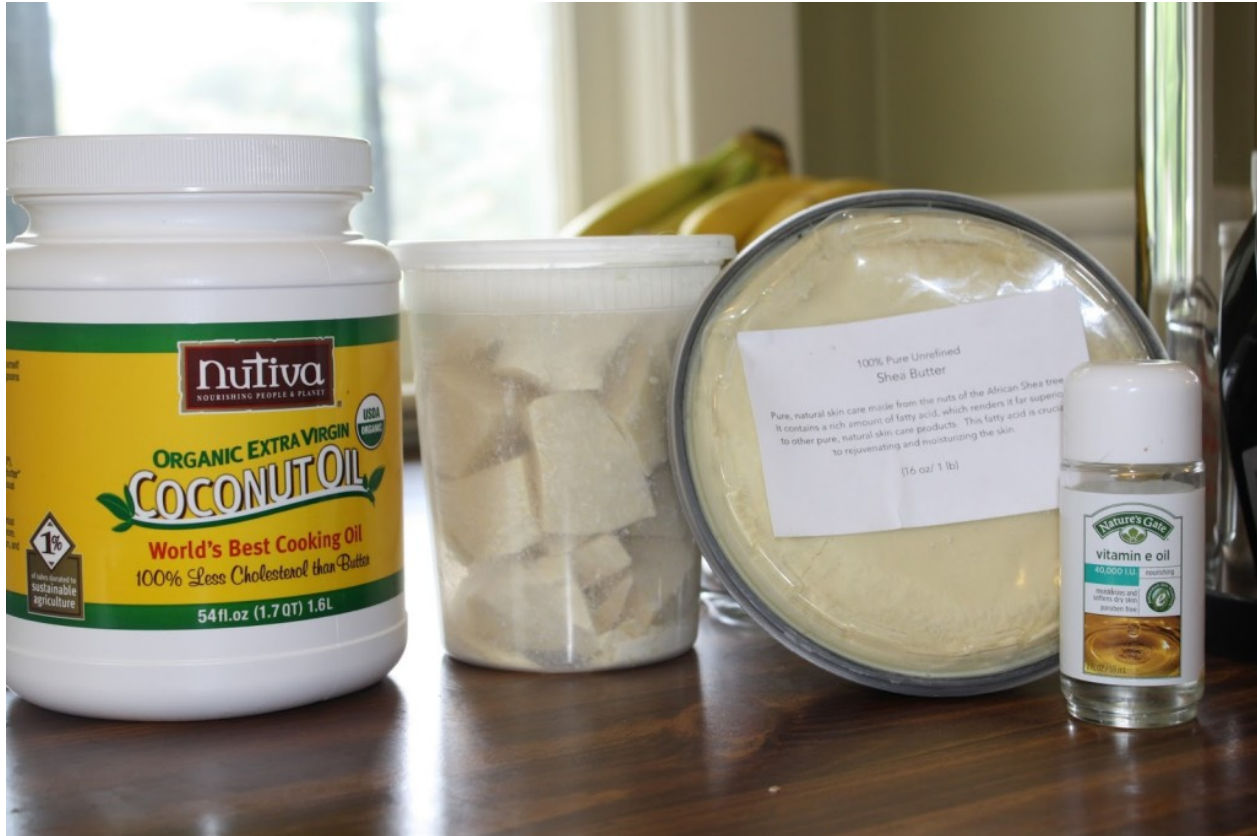
10 drops Citronella essential oil 5 drops orange essential oil

Place the Cocoa butter, Coconut oil, and Shea butter in a large glass jar or glass measuring cup.

Place inside a pan with about 2 inches of water. Heat over medium heat until everything melts completely, stirring gently with a wooden spoon or chopstick. Remove from heat and add the sweet Almond oil, essential oils, vitamin E, and citronella oil. Mix thoroughly.

Place the mixture in a sanitized jar.

Chill in your fridge for about an hour. The mixture should be firm, but not too hard. Once the mixture is chilled, use your mixer or hand mixer to whip it to smooth consistency.



Sweet Chai Tea Bomb

At last the soothing comfort of spicy Chai Tea for you for your bath!!!! yeii got to love it, don't you agree?YumYum body. You can also use Green Tea powder. Clove Oil is very strong and can be to much for sensitive people so use very small amount.

You may not need the Witch hazel if the honey does its job, I use it in batches that seem too dry. I like the round bomb mold best for this recipe.

1 cup of Citric Acid
2 cups baking soda
3 tablespoons kaolin clay
1/4 cup organic brown sugar
3 tablespoons sweet Almond Oil
2 tablespoons Organic tea powder
2 tablespoons honey
10 drops or less for sensitive skin do a patch test when the full mixture is done
5 drops vanilla essential oil
Witch Hazel to bind

Place the dry ingredients in a glass bowl and work with gloved hands until there are no lumps.

Ad the sweet Almond oil, honey and the essential oils to mixture, and blend with a whisk. Test the consistency with your hands. The mixture should hold together when squeezed. If it feels crumbly, spritz in some witch hazel to bind. Pack the mixture firmly into the mold Set aside for ten minutes then tap lightly on the back of the mold to release it, enjoy.



For those of you ready to experiment something new, we've put together a selection of great **face masks for oily skin** and acne that you can prepare at home. Plus, they're natural, so you don't have to worry about the ingredients. Sometimes you don't have the necessary budget to book a salon appointment so you have to be inventive.



Banana, Strawberry, Kiwi, and Honey Face Mask

Our first suggestion when it comes to face masks for oily skin is this simple yet very nourishing natural solution.

Ingredients: 1 ripe banana, 3 Strawberries 1 tablespoon of honey, 10 drops of lemon juice and Kiwi slices for the eyes.

You should mix the banana and honey in a bowl. Then, add the lemon juice and combine them. Once the mixture is ready, apply it on your face and let it work its magic for about 15 minutes. In the end, rinse with lukewarm water and wipe your complexion with a washcloth.



Cucumber, Egg White, Lemon and Clay Mask

This mask is just perfect for cleansing clogged pores.>As its name suggests, you'll need the following ingredients: 1 tablespoon of egg white, $\frac{1}{2}$ teaspoon of clay, a few drops of lemon juice and 1 egg white.

Add all these ingredients together and mix them until a smooth paste is formed. Then, apply the mask on your face, but make sure to avoid the eyes area and leave it for about 20 minutes. Finally, rinse with warm water.



Strawberry and Yogurt Facial

You should know that the yogurt will help exfoliate your acne prone skin.

Ingredients: 4 ripe strawberries, 1 teaspoon of plain yogurt

Firstly, wash thoroughly the strawberries, then use a fork to mash them. Add the plain yogurt and stir until it becomes smooth. Then apply this mixture on your face and let it sit for 10-15 minutes. Use warm water for rinsing.



Homemade Juice Mask

Both lemon and strawberries have natural astringents that are perfect for fighting acne.

Ingredients: 1 teaspoon of lemon juice, 1 cup of strawberries, 2 egg whites, 3 teaspoons of honey and 4 drops of essential oil.

You should mash the strawberries with a fork until they form a smooth paste. Then, add the lemon juice, honey and egg whites and mix them together. Apply the formed mixture on your face and let it stay for about 10 minutes. Rinse with warm water and a warm cloth.



Oatmeal Face Mask

For this mask you'll need 1 tablespoon of honey, some oatmeal and 1 egg yolk.

You should take a small bowl and mix there the egg yolk and honey. Then, add slowly some oatmeal so that you create a thick paste. Apply the mask on your face and neck and let it sit for about 15 minutes. In the end, rinse with warm water.



Apricot, Yogurt and Clay Mask

This is an amazing natural face mask because it nourishes your skin and regulates its oiliness. We recommend using it once or twice a week. You can easily create it with the following ingredients: $\frac{1}{2}$ teaspoon of clay, 1 apricot and 1 tablespoon of yogurt.

Firstly, you should peel the apricot. Then add it into a blender and mash it. Add the yogurt and clay and blend them together until a paste is formed. Apply it carefully on your face and leave it for 20 minutes. Then rinse with warm water.



Turmeric and Yogurt Face Mask

Ingredients: 2 tablespoons of rice flour, $\frac{1}{4}$ teaspoon of turmeric powder and $\frac{1}{2}$ cup of plain yogurt.

Mix all these ingredients until they form a smooth paste and afterwards apply the mixture on your face and let it sit for

about 15-20 minutes. Then use a wet cloth for rinsing.

[Anti-aging Vitamin C Serum](#)
by gorgeouslygreen

[How to Make a Citrus Cleansing Cream](#)
by eHow UK

[Turmeric Face Mask Pack For Acne Treatment and Clear glowing Skin](#)
by SuperPrincessjo

Some Great Products Featured This Week



Ivanka Trump Ava Dome Satchel



SKECHERS Upgrades



SKECHERS Vorlez Fontes



Oakley Collected™ Polarized



The Miracles Of Baking Soda



Baking Soda

from: <http://www.churchdwright.com>

In 1846 John Dwight and his brother in law DR Austin Church founded the company Church and Dwight Co., Inc, the manufacturer of ARM & Hammer trade mark, Baking Soda.

They took Trona, (Soda ash) out of the ground and they turned

into Sodium Bicarbonate to be use both inside and outside the house, Baking Soda is a staple in many homes for baking and cleaning purposes. It rates right up there with hydrogen peroxide as one of the most inexpensive and safe tools around (you can buy an entire box of baking soda for about \$1), so it makes sense to learn all you can about the many, many uses of baking soda.



A Brief Baking Soda History

In its natural form, baking soda is known as nahcolite, which is part of the natural mineral natron. Natron, which contains large amounts of sodium bicarbonate, has been used since ancient times. For instance, the Egyptians used natron as a soap for cleansing purposes. Later, anecdotal reports throughout history suggest that many civilizations used forms

of baking soda when making bread and other foods that required rising.

Dr. Austin Church and John Dwight began to manufacture and sell the compound we know as baking soda today. By the 1860s, baking soda was featured in published cookbooks, and in the 1930s was widely advertised as a “proven medicinal agent.”¹ Come 1972, the idea to keep a box of baking soda in your fridge to keep food fresh was born, and it really caught on.

Baking soda was popularized by Arm & Hammer more than 150 years ago, and while many are aware of its versatile qualities for cooking and household use, few people realize that baking soda also has potent medicinal properties.

from: <http://wherethewindblowsourfamilygoes.blogspot.com>

3500 BC: Ancient Egyptians use natron (primarily comprised of sodium carbonate) as a soap-like cleaning agent. They also use it to make mummies.

1843: Alfred Bird, a British chemist, makes the first version of baking powder to help out his wife, who was allergic to yeast.

1846: The Arm & Hammer brand is created. The iconic logo that exists today – which represents Vulcan, the Roman god of fire and metalworking – isn’t introduced until 1867.

1924: Recommended to treat & prevent the cold & flu virus.

1927: National magazines like *Good Housekeeping* and *McCall’s* begin promoting the usefulness of baking soda in the home.

1970: Arm & Hammer is the sole sponsor of the very first Earth Day. Baking soda gains attention as an eco-friendly alternative to chemical cleaners.

1972: A new use for baking soda receives widespread adoption – Americans begin storing a box of baking soda in their refrigerators to keep food fresh.

1986: To celebrate the Statue of Liberty’s 100th birthday, its inner copper walls are cleaned and restored with baking soda,

which removes 99 years of grime and leaves the copper undamaged and completely clean.

2000: Kids use it for school science experiments

2012: Baking soda is one the the most popular pinterest pins, for its versatility.

What Is Baking Soda?

from: <http://www.earthclinic.com>

Baking soda, otherwise known as sodium bicarbonate, is a natural substance that helps regulate pH. This regulation keeps a substance from becoming too acidic or too alkaline, which is important in maintaining health. As baking soda contacts another substance, it naturally neutralizes the pH of the substance and prevents further imbalance or buffers the pH. With this effect, baking soda is able to neutralize odors, remove stains, detox the body and eliminate infection.

While baking soda is a particularly effective in helping your overall wellnes, it should also be noted that the substance can deplete the body of essential vitamins and minerals, particularly B vitamins, folic acid and chromium. Baking soda is best used for short periods of time in conjunction with other nutritional supports to prevent nutritional imbalances.

The Difference Between Baking Soda and Baking Powder

from: <http://www.theprairiehomestead.com/>

This is where it can get a little confusing—since baking soda and baking powder are both white, powdery substances that we use in baking. But there IS a difference:

Baking soda is 100% sodium bicarbonate. It comes from soda ash, which can be produced synthetically or harvested from natural sources. Generally, recipes that call for baking soda also call for some sort of acid, which helps to boost the leavening process and remove the slightly bitter taste that baking soda sometimes lends to recipes.

On the other hand, Baking powder contains some sodium bicarbonate, but also has other ingredients that act as acidifying agents. This means that you don't have to add extra acid to your recipes to get the leavening action. The acidifying agents can come in the form of cream of tartar or an aluminum-based acid.

50 Uses for Baking Soda

Multipurpose deodorant

pH control & balance

Heartburn/GERD relief

DIY Toothpaste

Tooth whitener

Improves kidney function

May prevent kidney stones

Helps symptoms of gout

Helps acne

Facial scrub

Body exfoliator

Skin softener

Shoe cleaner

Foot baths

Insect bite & itch soother

Sunburn & windburn relief

Fire extinguisher

Handwash (strong odors)

Diaper rash relief

Cloth diaper cleaner

Formica countertop cleaner

BBQ surface cleaner

Drain cleaner

Retainer & denture cleaner

Cast iron & stainless steel cleaner

Linen freshener

Mouth freshener

Canker sore relief

Bee & jellyfish sting relief

Helps flowers last longer

Polishes silver

Sponge freshener

Microwave cleaner

Sink, toilet, tub cleaner

Mirror & window cleaner

Vinyl floor cleaner

Car surface cleaner

Grease remover

Carpet & upholstery cleaner

Canvas cleaner

Detergent power booster

Comb & brush soaking solution

Trash can deodorizer

Refrigerator odor killer

Shoe odor killer

Cleans vinyl shower curtains

Windshield rain repellent

Vacuum cleaner odor killer

Sweeten tomatoes (add to soil)

Cat litter box cleaner/deodorizer

Pet hair conditioner

Fruit & vegetable wash

Fluff up omelettes

Sprinkle on beans to reduce gas

www.EdibleHarmony.com

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Benefits of Sodium Bicarbonate

With its natural pH neutralizing effects, baking soda serves a variety of purposes. The compound is effective for reducing pain, eliminating infection and treating inflammation.

As such, sodium bicarbonate is used to treat a variety of challenges. Acne, allergies, canker sores and bacterial infections can successfully be helped using a baking soda regimen. Burns, bee stings, and cysts also respond well to the application of the compound. Other conditions including fatigue, cough, congestion, flatulence, gout, gum deterioration and others can also benefit for using baking soda.

While baking soda is a readily available product in most households, few individuals are aware of how many different ways the product can be used. Baking soda is an effective aid for a variety of conditions and can be used to detox the body and eliminate toxicity safely, being the fact that all these issues are acid, and Baking Soda is Alkaline it creates a balance .



Baking soda is actually a naturally occurring, very versatile substance aside from being environment friendly safe and is inexpensive. Not only is Baking Soda non toxic it is actually a food. That separates it from the commercial household products, it is safe around children and pets and most of your house.

Here we are sharing its use in the kitchen, bathroom , laundry, garage etc....

Some of the guidelines of Baking Soda

We have three: Direct use

In a solution

In a paste

You will be amazed of what Baking soda gifts are

When used directly:

You can use Baking Soda by sprinkling it directly onto something or a sponge whatever you decide a good applicator for you. So lets be clear the in this case Baking Soda is as it comes from the box on a powder form and not diluted.

When used in a solution form:

A good ratio is 4 tablespoons of Baking Soda per each quart of warm water. this can be as diluted as you intention requires for your particular use.

When used as a paste:

To accomplish tis task you have to add water as desire to mix either a soft fluid paste or a more dry form of the same again it depends on what your need is..



Coconut Oil & Baking Soda Face Wash

1/2 Teaspoon of backing soda

1 Teaspoon of coconut oil

Mix together and apply to a dampened face, massage in circular motions, and remove the mixture off your face with a warm, wet washcloth.

	Home	Personal Care/ Beauty	Dietary/ Medicinal
Lemon Juice	<ul style="list-style-type: none"> • Clean glass & mirrors • Brighten your whites • Disinfect your cutting board • Brighten your toilet bowl 	<ul style="list-style-type: none"> • Remove sun spots • High-light your hair • Reduce wrinkles • Shrink your pores 	<ul style="list-style-type: none"> • Detox • Improve digestion • Sooth a sore throat • Strengthen immunity
Coconut Oil	<ul style="list-style-type: none"> • Polish wood furniture • Replace WD-40 • Remove shower scum 	<ul style="list-style-type: none"> • Hair serum • Lip gloss • Deodorant • Prevent wrinkles 	<ul style="list-style-type: none"> • Improve thyroid function • Reduce migraines
Apple Cider Vinegar	<ul style="list-style-type: none"> • Repel fleas • Clean your microwave • Deodorize laundry 	<ul style="list-style-type: none"> • Sooth Sunburns • Wash your hair • Treat acne • Aftershave 	<ul style="list-style-type: none"> • Weight-loss/Detox • Control high-blood pressure • Cure yeast infections • Prevent a cold
White Vinegar	<ul style="list-style-type: none"> • Polish Silver • Clean windows • Neutralize odors • Unclog your drain 	<ul style="list-style-type: none"> • Cure an upset stomach • Sooth a bee sting • Condition your hair 	<ul style="list-style-type: none"> • Tenderize meat • Boil better eggs • Eliminate garlic odor • Keep veggies fresh
Baking Soda	<ul style="list-style-type: none"> • Put out fires • Scrub toilets and tubs • Clean your oven or grill 	<ul style="list-style-type: none"> • Deodorant • Toothpaste • Relieve diaper rash • Treat heartburn 	<ul style="list-style-type: none"> • Leavening agent • Make fluffier omelets • Crispier chicken
Castile Soap	<ul style="list-style-type: none"> • All-purpose cleaner • Dish soap • Mop floors with it 	<ul style="list-style-type: none"> • Body wash • Pet shampoo • Toothpaste • Prevent eczema 	<ul style="list-style-type: none"> • Treat eczema and psoriasis • Cure acne
Castor Oil	<ul style="list-style-type: none"> • Discourage rodents • Lubricate kitchen scissors • Restore health of your plants 	<ul style="list-style-type: none"> • Strengthen eyelashes • Relieve cracked heels • Soften cuticles 	<ul style="list-style-type: none"> • Treat dry/itchy skin • Laxative • Induce labor • Relieve menstrual cramping

Ways to Use Baking Soda

from <http://articles.mercola.com>

Natural Deodorant

If you want to avoid the parabens and aluminum found in many deodorants and antiperspirants, try a pinch of baking soda mixed with water instead. This simple paste makes an effective and simple natural deodorant. You can also simply brush some dry baking soda under your arms.



Insect Bites and Poison Ivy

Apply a paste made of baking soda and water to insect bites to help relieve itching. You can also try rubbing the dry powder onto your skin. This is also effective for itchy rashes and poison ivy. Baking soda helps to relieve minor skin irritation and itching by neutralizing toxins and irritants on your skin's surface.

Heartburn, Indigestion, and Ulcer Pain

Most over-the-counter antacids contain some form of bicarbonate. Baking soda works by immediately neutralizing stomach acid, helping to relieve heartburn, indigestion and even ulcer pain. I have personally recommended this to many, including family members, and have been surprised how remarkably effective it is.

Dosing is typically $\frac{1}{2}$ teaspoon fully dissolved in a half a glass of water, taken every two hours (do not take more than seven $\frac{1}{2}$ teaspoons in 24 hours, or three $\frac{1}{2}$ teaspoons if you're over 60).

This should only be used as an occasional (not chronic) treatment, however, and be careful not to consume excessive amounts, which can cause serious electrolyte and acid/base imbalances.

Foot Soak and Exfoliator

Add three tablespoons of baking soda to a tub of warm water for an invigorating foot soak. You can scrub your feet with a baking soda paste for additional exfoliation. A paste made from three parts of baking soda combined with one part water can be used as an exfoliator for your face and body, too.

Relaxing Soak

Baking soda and apple cider make a wonderful spa-like bath for soaking. It also cleans the tub and the drain, as a bonus!

Hand Cleanser

Mix three parts baking soda with one part of water to make a natural hand cleanser that will scrub away dirt and neutralize odors.

Splinter removal

Add a tablespoon of baking soda to a small glass of water, then soak the affected area twice a day. Many splinters will come out on their own after a couple of days using this treatment.

Sunburn Remedy

Add $\frac{1}{2}$ cup of baking soda to lukewarm bathwater, then soak in the tub for natural relief. When you get out, let your skin air dry, rather than toweling off the excess baking soda, for extra relief. You can also add a mixture of baking soda and water to a cool compress and apply it to the sunburn directly.

Enhanced Sports Performance

Distance runners have long engaged in a practice known as “soda doping” – or taking baking soda capsules – before races to enhance performance, a measure that’s thought to work similarly to carbohydrate loading. It’s also been shown to improve speed among swimmers. While I don’t suggest you try this at home, it’s another example of baking soda benefits. Essentially, sodium bicarbonate is an alkali substance that increases the pH of the blood. This seems to reduce and offset the acidity produced in the muscles during intense, anaerobic exercise that produces lactic acid most quickly, such as fast running or swimming.”

Help Your Hair

Start by mixing 1 part baking soda with 3 parts water. With shoulder length hair mix about 2 to 3 tablespoon of baking soda with 3 times that amount of water in a small squeeze bottle. You can adjust this depending on your hair length. Apply the baking soda and water mixture to dry or wet hair by starting at the roots and working to the ends.

Freshen Your Mouth

Put one teaspoon in half a glass of water, swish, spit and rinse. Odors are neutralized, not just covered up.

Soak Oral Appliance

Soak oral appliances, like retainers, mouthpieces and dentures, in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using

baking soda.

Make a Hand Cleanser and Softener

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water, or 3 parts baking soda to gentle liquid hand soap. Then rinse clean.

Clean Brushes and Combs

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry

Make a Bath Soak

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration, it also makes your skin feel very soft.

Soothe Your Feet

Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.

Make a Surface Soft Scrub

For safe, effective cleaning of bathroom tubs, tile and sinks—even fiberglass and glossy tiles—sprinkle baking soda lightly on a clean damp sponge and scrub as usual. Rinse thoroughly and wipe dry. For extra cleaning power, make a paste with baking soda, coarse salt and liquid dish soap—let it sit then scour off.

Handwash Dishes and Pots & Pans

Add 2 heaping tablespoons baking soda (along with your regular dish detergent) to the dish water to help cut grease and foods left on dishes, pots and pans. For cooked-on foods, let them soak in the baking soda and detergent with water first, then use dry baking soda on a clean damp sponge or cloth as a

scratchless scouring powder.

Freshen Sponges

Soak stale-smelling sponges in a strong baking soda solution to get rid of the mess (4 tablespoons of baking soda dissolved in 1 quart of warm water).

Polish Silver Flatware

Use a baking soda paste made with 3 parts baking soda to 1 part water. Rub onto the silver with a clean cloth or sponge. Rinse thoroughly and dry for shining sterling and silver-plate serving pieces.

Clean Coffee and Tea Pots

Remove coffee and tea stains and eliminate bitter off-tastes by washing mugs and coffee makers in a solution of 1/4 cup baking soda in 1 quart of warm water. For stubborn stains, try soaking overnight in the baking soda solution and detergent or scrubbing with baking soda on a clean damp sponge.

Clean the Oven

Sprinkle baking soda onto the bottom of the oven. Spray with water to dampen the baking soda. Let sit overnight. In the morning, scrub, scoop the baking soda and grime out with a sponge, or vacuum, and rinse.

Clean Floors

Remove dirt and grime (without unwanted scratch marks) from no wax and tile floors using 1/2 cup baking soda in a bucket of warm water—mop and rinse clean for a sparkling floor. For scuff marks, use baking soda on a clean damp sponge, then rinse.

Clean Furniture

You can make a homemade lemon furniture polish, or you can clean and remove marks (even crayon) from walls and painted furniture by applying baking soda to a damp sponge and rubbing lightly. Wipe off with a clean, dry cloth.

Clean Shower Curtains

Clean and deodorize your vinyl shower curtain by sprinkling baking soda directly on a clean damp sponge or brush. Scrub the shower curtain and rinse clean. Hang it up to dry.

Boost Your Liquid Laundry Detergent

Give your laundry a boost by adding 1/2 cup of baking soda to your laundry to make liquid detergent work harder. A better balance of pH in the wash gets clothes cleaner, fresher and brighter.

Gently Clean Baby Clothes

Baby skin requires the most gentle of cleansers, which are increasingly available, but odor and stain fighters are often harsh. For tough stains add 1/2 cup of baking soda to your liquid laundry detergent, or a 1/2 cup in the rinse cycle for deodorization.

Clean Cloth Diapers

Dissolve 1/2 cup of baking soda in 2 quarts of water and soak diapers thoroughly.

Clean and Freshen Sports Gear

Use a baking soda solution (4 tablespoons baking soda in 1 quart warm water) to clean and deodorize smelly sports equipment. Sprinkle baking soda into golf bags and gym bags to deodorize, clean golf irons (without scratching them!) with a baking soda paste (3 parts baking soda to 1 part water) and a brush. Rinse thoroughly.

Remove Oil and Grease Stains

Use baking soda to clean up light-duty oil and grease spills on your garage floor or in your driveway. Sprinkle baking soda on the spot and scrub with a wet brush.

Clean Batteries

Baking soda can be used to neutralize battery acid corrosion on cars, mowers, etc. because its a mild alkali. Be sure to disconnect the battery terminals before cleaning. Make a paste

of 3 parts baking soda to 1 part water, apply with a damp cloth to scrub corrosion from the battery terminal. After cleaning and re-connecting the terminals, wipe them with petroleum jelly to prevent future corrosion. Please be careful when working around a battery—they contain a strong acid.

Clean Cars

Use baking soda to clean your car lights, chrome, windows, tires, vinyl seats and floor mats without worrying about unwanted scratch marks. Use a baking soda solution of 1/4 cup baking soda in 1 quart of warm water. Apply with a sponge or soft cloth to remove road grime, tree sap, bugs and tar. For stubborn stains, use baking soda sprinkled on a damp sponge or soft brush.

Deodorize Your Refrigerator

Place an open box in the back of the fridge to neutralize odors.

Deodorize the Cutting Board

Sprinkle the cutting board with baking soda, scrub, rinse. For how to more thoroughly clean your cutting board.

Deodorize Trashcans

Sprinkle baking soda on the bottom of your trashcan to keep stinky trash smells at bay.

Deodorize Recyclables

Sprinkle baking soda on top as you add to the container. Also, clean your recyclable container periodically by sprinkling baking soda on a damp sponge. Wipe clean and rinse.

Deodorize Drains

To deodorize your sink and tub drains, and keep lingering odors from resurfacing, pour 1/2 cup of baking soda down the drain while running warm tap water—it will neutralize both acid and basic odors for a fresh drain.

Deodorize Lunch Boxes

Between uses, place a spill-proof box of baking soda in everyone's lunch box to absorb lingering odors.

Remove Odor From Carpets

Liberally sprinkle baking soda on the carpet. Let set overnight, or as long as possible (the longer it sets the better it works). Sweep up the larger amounts of baking soda, and vacuum up the rest.

Remove Odor From Vacuum Cleaners

By using the method above for carpets, you will also deodorize your vacuum cleaner.

Freshen Closets

Place a box on the shelf to keep the closet smelling fresh.

Deodorizing Cars

Odors settle into car upholstery and carpet, so each time you step in and sit down, they are released into the air all over again. Eliminate these odors by sprinkling baking soda directly on fabric car seats and carpets. Wait 15 minutes (or longer for strong odors) and vacuum up the baking soda.

Deodorize the Cat Box

Cover the bottom of the pan with baking soda, then fill as usual with litter. To freshen between changes, sprinkle baking soda on top of the litter after a thorough cleaning.

Deodorize Pet Bedding

Eliminate odors from your pets bedding by sprinkling liberally with baking soda, wait 15 minutes (or longer for stronger odors), then vacuum up.

Deodorize Sneakers

Keep odors from spreading in smelly sneakers by shaking baking soda into them when not in use. Shake out before wearing. When they're no longer wearable

Freshen Linens

Add 1/2 cup of baking soda to the rinse cycle for fresher sheets and towels.

Deodorize Your Wash

Gym clothes or other odoriferous clothing can be neutralized with a 1/2 cup of baking soda in the rinse cycle.

Freshen Stuffed Animals

Keep favorite cuddly toys fresh with a dry shower of baking soda. Sprinkle baking soda on and let it sit for 15 minutes before brushing off.

Camping Help-all

Baking soda is a must-have for your next camping trip. It's a dish washer, pot scrubber, hand cleanser, deodorant, toothpaste, fire extinguisher and many other uses.

Septic Care

Regular use of baking soda in your drains can help keep your septic system flowing freely. One cup of baking soda per week will help maintain a favorable pH in your septic tank.

Fruit and Vegetable Scrub

Baking soda is the food safe way to clean dirt and residue off fresh fruit and vegetables. Just sprinkle a little on a clean damp sponge, scrub and rinse.

Extinguish Fires

Baking soda can help in the initial handling of minor grease or electrical kitchen fires, because when baking soda is heated, it gives off carbon dioxide, which helps to smother the flames. For small cooking fires (frying pans, broilers, ovens, grills), turn off the gas or electricity if you can safely do so. Stand back and throw handfuls of baking soda at the base of the flame to help put out the fire—and call the Fire Department just to be safe.

[Simple Cancer Cure w/Baking Soda by Dr. Simoncini Oncologist Discovers – Sodium Bicarbonate](#)

[11 Amazing Uses of Baking Soda: Miraculous Healing and Cleansing – Saturday Strategy](#)

[Baking Soda Beauty Secrets](#)

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