

#HEALTH & FITNESS

# Baking soda: Not just for pancakes

We all know that baking soda makes cakes, breads, muffins, and cookies light and fluffy. Yet, this ingredient has many other uses beyond cooking. It has potential medicinal properties and may help with a variety of ailments. So, keep reading because we are going to share with you some great health benefits of baking soda!

### Treating insect bites

Baking soda is a common remedy for itching and pain caused by bug bites. Not only can it help alleviate the itching but also neutralise the acid that is created by a bite.

You may make some baking soda paste by combining two ingredients – three parts soda with one part water. Then apply it to the infected area. After it dries, you may

wash it off and repeat, if needed.

### Reducing mouth ulcers

Mouth ulcers or canker sores are a medical condition, which a lot of people might be familiar with. These sores are an excruciatingly painful sensation and occur in the gums or the inner lining of the mouth.

Treatment for mouth ulcers includes cleansing the mouth and reducing the amount of plaque that is on the teeth by washing with baking soda. In fact, results from patients who went to the doctor after the use of baking soda indicated that they had improvements to their mouth ulcers.

### Helping with indigestion

Due to its alkaline pH, baking soda is a popular home treatment for this as it eases

the symptoms caused by an excess of stomach acid.

People aged 12 and older can take half a teaspoon of baking soda by dissolving it in two glasses of water. It is not a very appealing treatment but it might alleviate your problems temporarily.

### Managing kidney problems

Baking soda controls blood pH by removing acid from the body. In addition, research indicates that when taken orally, it may decrease the course of chronic kidney disease.

In terms of the functioning of the kidneys, baking soda is also said to be quite beneficial. However, more study is required in this field so, it is best to talk to a doctor

before consuming it for renal health.

### As a mouthwash

In lieu of traditional mouthwash, many people find that baking soda works just as well. Research suggests that it may have antibacterial and antimicrobial effects by raising saliva pH levels, which are critical for preventing bacterial development, and thus potentially freshening breath.

Mix half a teaspoon of baking soda with half a glass of warm water to produce homemade baking soda mouthwash. Swish it about as you normally would and feel the difference!

By Samayla Mahjabin Koishy

Photo: Collected

## HOROSCOPE



### ARIES (MAR. 21-APR. 20)

If you haven't planned a vacation, do so this weekend. Look into new interests. Be wary of those with overly strong convictions. Your lucky day this week will be Tuesday.



### TAURUS (APR. 21-MAY 21)

Love and romance are evident. You will close any deals successfully. Don't blow situations out of proportion. Your lucky day this week will be Thursday.



### GEMINI (MAY 22-JUN. 21)

Secret affairs will eventually backfire on you. You need a change of pace. Try not to be too lavish with your partner. Your lucky day this week will be Friday.



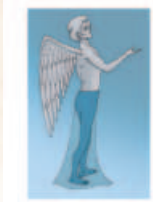
### CANCER (JUN. 22-JUL. 22)

Let your partner foot the bill. Win points by presenting your ideas this week. Don't gamble unless you can afford to lose. Your lucky day this week will be Friday.



### LEO (JUL. 23-AUG. 22)

Concentrate on areas where you can make a difference. Physical activities will help burn excess energy. Social functions may arise. Your lucky day this week will be Tuesday.



### VIRGO (AUG. 23-SEP. 23)

Your charm will mesmerise members of the opposite sex this week. Avoid arguing with your partner. Passion will be your answer. Your lucky day this week will be Sunday.



### LIBRA (SEP. 24-OCT. 23)

Get ahead by playing your cards right. Residential changes may disrupt your routine. How you deal with others will help secure support. Your lucky day this week will be Wednesday.



### SCORPIO (OCT. 24-NOV. 21)

Help family members with unfortunate difficulties. Don't settle for less than the best. Romance will develop through social events with children. Your lucky day this week will be Friday.



### SAGITTARIUS (NOV. 22-DEC. 21)

Talk to someone experienced about budgets. People you live with may not be happy with you. Accepting the inevitable brings advancement. Your lucky day this week will be Tuesday.



### CAPRICORN (DEC. 22-JAN. 20)

Focus on legal matters and contracts. Use discretion with work relationships. Be honest with your partner to avoid estrangement. Your lucky day this week will be Tuesday.



### AQUARIUS (JAN. 21-FEB. 19)

Get back to basics. Avoid disputes unless you are ready for irreversible results. Gambling will waste your time and money. Your lucky day this week will be Monday.



### PISCES (FEB. 20-MAR. 20)

It might be time for a fresh start. Don't let your partner curtail your freedom. Throw yourself into work to stay focused. Your lucky day this week will be Sunday.

**নতুনযানে, নতুনরূপে**

**বিডিটিনা**  
ফেস ওয়াশ

Healthy Glowing Skin - এ আত্মবিশ্বাসী আমি

**Beautina**  
Face Wash  
GLOWING SKIN  
Neem & Aloe Vera Extract  
3 OIL CONTROL  
REMOVES PIMPLE  
DEEP CLEANSING

**এএম. পিএম.**  
হাববাল

বিডিটিনা ফেস ওয়াশ ১০০মি.লি. সাথে  
**৪৫ গ্রাম**  
এএম. পিএম. হাববাল টুথপেস্ট  
মাত্র ১৯০/= **ফ্রী**

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