

[PDF] Sodium Bicarbonate: Nature's Unique First Aid Remedy

Mark Sircus - pdf download free book

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What if there were a natural health-promoting substance that was inexpensive, available at any grocery store in the country, and probably sitting in your cupboard right now? There is. It is called sodium bicarbonate, although you may know it as baking soda. For years, sodium bicarbonate has been used on a daily basis as part of a number of hospital treatments, but most people remain unaware of its full therapeutic potential. In his new book, Dr. Mark Sircus shows how this common compound—along with magnesium, potassium, and calcium bicarbonates—may be used in the alleviation, or possibly even prevention, of many forms of illness.

Sodium Bicarbonate begins with a basic overview of the everyday uses known as baking soda, chronicling its long history of use as an effective home remedy. It then explains the role sodium bicarbonate plays in achieving optimal pH balance, which is revealed as an important factor in maintaining good health. The book goes on to detail how sodium bicarbonate and its effect on pH may benefit sufferers of a number of conditions, including kidney disease, fungal infection, colds and flu, periodontal disease, hypertension, and even cancer. Also discussed is its role in treating indigestion, chemical, and heavy metal toxicity. Finally, the author explores the various ways in which sodium bicarbonate may be taken, suggesting the easiest and most effective method for your situation.

By providing a modern approach to this time-honored remedy, Sodium Bicarbonate illustrates the need to eat baking soda in a whole new light. Safe, simple, and effective, sodium bicarbonate contains powerful properties that may help you balance your system, regain your well-being, and avoid future health problems.

ABOUT THE AUTHOR

Mark Sircus, A.C., D.M.D. (Ph.D.) was trained in acupuncture and Oriental medicine at the Institute of Traditional Medicine in Seattle and the School of Traditional Medicine of New England in Boston. He also served at the Central Public Hospital of Puebla, Mexico. He is a past president of the Scientific Advisory and Research Development Board of the Dr. Yusef College of Public Medicine. Dr. Sircus' articles have appeared in numerous journals and magazines throughout the world. In addition, he is the bestselling author of several books, including Transformed Magnesium Therapy.

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By providing a modern approach to this time-honored remedy, Sodium Bicarbonate illustrates the need to see baking soda in a whole new light. While it was once considered simply an ingredient in baked goods and toothpaste, sodium bicarbonate contains powerful properties that may help you balance your system, regain your wellbeing, and avoid future health problems.

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