



# **Baking Soda: The Power of Baking Soda: Maximise the Health Benefits of Baking Soda with these Natural Remedies**

*Amy Grant*

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## **The Power of Baking Soda: Maximise the Health Benefits of Baking Soda with these Natural Remedies**

Mother Nature has provided us with everything we need to survive. You would be surprised at how many natural solutions there really are to any of our physical problems. Baking Soda is a miraculous substance with a huge array of benefits and healing properties. In *The Power of Baking Soda*, Amy goes through all of those benefits, uses and more!

### **You Will Learn:**

- The History of Baking Soda
- How to boost your Immunity with Baking Soda
- How to use Baking Soda in your Personal Hygiene regime
- The at-home spa uses of Baking Soda
- The Medical Benefits of Baking Soda
- Health Hacks and other benefits of Baking Soda

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