

The many uses of baking soda

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The Many Uses of Baking Soda – Informative Speech

The Many Uses of Baking Soda General Purpose: To Inform Specific Purpose:

The audience will learn about baking soda, the many different ways that it can be used to promote their health, cleaning uses around the home, cooking, in the home uses, and enhancing beauty. Thesis: Baking soda is very low cost, effective alternative to cleaning around the home, promoting health, and enhancing beauty. Introduction I) Fellow classmates, what if I told you that what I have in this small box has been used to promote health, used in cooking, great for cleaning, and enhancing beauty since the 1700's.

Additionally, what if I told you that it only cost about a \$1.00, and is used in two out of every three homes in America. However, most people don't realize all of the great uses that baking soda has. Well, I am going to tell you just how powerful this stuff actually is. II) With the uncertain state of our country's economy today, saving a few cents or a few dollars is what a lot of us are doing. Baking soda, for about a dollar, will let you save on a product with so many uses that you may be surprised by some of them.

Many of you may already have a box of baking soda in your home that you use now and again, though you may not have yet realized that this product is far more powerful than it appears to be. I have done a substantial amount of research on the benefits of baking soda, and found that it is a low cost box of wonder. IV) According to Tip King, author of "Resourceful and Ingenious uses of Baking Soda", "You will find that there are so many tips and ideas on the many uses of baking soda that you will be able to save dollars, yes count them, dollars, each and every week in your home". Transition: First I will tell

you just some of the things that baking soda can clean.) Body I. " According to the web site " Life Hackery", baking soda can clean and remove odors from a multitude of things inside and outside of your home. " (75 Extraordinary Uses for Baking Soda, 2008) Baking soda is very effective in the kitchen. Clean the fridge with it. Run your coffee maker with a baking soda solution, then rinse, for a clean free-flowing coffee maker. Wash your fruits and vegetables with it. Remove grease from pots and pans. . A combination of baking soda and vinegar will break down fatty acids into soap and glycerin, allowing the clog to wash down the drain. It can also be used for general cleaning. Boost your laundry detergent's cleaning power by adding a cup to the wash. Combine with water to make a paste for polishing stainless and chrome. Clean garbage cans. Clean retainers and dentures. Soak brushes and combs in a baking soda solution. Wipe your windshield with it to repel rain. Baking soda removes odors.

Put an open box of baking soda in the refrigerators to remove odors. Sprinkle it in shoes, boots, or slippers to eliminate foul odors. Suck it in with your vacuum cleaner to remove the odor. Sprinkle it in your cats litter box to absorb bad odor. D. You can do all of your cleaning and deodorizing with a cup or less of this little white powder called " baking soda". (Transition: Now that I have discussed many of the ways that you can use baking soda to clean and odor-free your home, let us take a look at how baking soda can be used in promoting ones health.

There are many health benefits that can be attributed to baking soda. I found just a few at howstuffworks. com. (Uses for Baking Soda: Health and

Beauty) Use it as a mouthwash to freshen your breath. Apply it to rashes, insect bites, and poison ivy. Relieve a canker sore by using it as a mouthwash. Heartburn? Take a teaspoon of baking soda mixed with one-half glass of water. (Transition: Since we have talked about many of the ways you can use baking soda to promote your health, let us talk about ways that baking soda can be used to enhance your beauty.)

Baking soda is one of the few products on the market for cleaning your teeth or settling an upset stomach. While we have many more choices today, baking soda still does the trick for dozens of health and beauty tasks. 1. 1 tsp baking soda mixed with 1/4 tsp hydrogen peroxide. Mix into paste Treat cold sores by dabbing with baking soda. Rub a baking-soda paste onto your elbows to smooth away rough skin. Soak tired feet in a basin of warm water with 3 tablespoons baking soda. Blackhead Remover Recipe: 50/50 Baking Soda & Water. Use gently on your skin to exfoliate. 11 EasyFoodFacials - Homemade Recipes, 2007) (Transition: The lists of uses for this wonderfully versatile product are longer than my allotted time; I've told you only a few. Perhaps I've sparked your curiosity enough that you'll look at that little yellow box a bit differently.

Conclusion

Found in superstores, grocery stores, and small markets all across the world, baking soda is very effective in its multitude of uses which can help and enhance your life.

For about a buck, you can go out and buy yourself a box of baking soda and begin reaping all of the benefits of this great product.

It will be a dollar well spent.

Bibliography

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