

# General And Pregnancy-Related Benefits Of Baking Soda



## Pregnancy-Related Benefits



Offers relief from heartburn when consumed after diluting in water

Reduces oral acidity levels when used as a rinse solution after vomiting



Removes germs and dirt from fruit and vegetable skins effectively, reducing the risks of infection

## General Benefits



Extinguishes small cooking and electrical fires

Deodorizes cutting boards, garbage bins, dishwashers, and refrigerators



Performs as a cleaning agent for stained clothes, dishes, and other surfaces

### References:

1. Baking Soda -- The Everyday Miracle; University of Wisconsin
2. Oral Health Care During Pregnancy; University of California