

Mighty Mallet of Baking Soda

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Baking soda (sodium bicarbonate) lives up to the image on the Arm & Hammer's box; it is a heavyweight workhorse medicine that every healthcare professional and parent should have on hand to **diminish toxic poisoning from the Gulf disaster**. Combining this with other strong buffering substances like magnesium chloride, selenium and iodine offers us the best chance of surviving the toxic storm that continues to build over the Gulf region.

Sodium bicarbonate is the number-one item in any protocol to treat exposure to hazards coming from the oil disaster. The government should step in to direct supplies of bicarbonate to the affected area. Millions of pounds should be immediately distributed and stockpiled since supplies in supermarkets are not going to last long when the public catches on to the danger and wants to use it. The very best treatment, when one first notices a foul smell, foul taste or flu-like symptoms, is to **jump into a bath with several pounds of bicarbonate and magnesium salts**.

So deep are the protective, buffering and neutralizing properties of bicarbonate that it is used to protect against radiation exposure to protect the kidneys and other tissues. In a world that is already contaminated with uranium and mercury, sodium bicarbonate becomes even more important because these elements can directly attack the nuclear material and mitochondria of the cells.

The oral administration of sodium bicarbonate diminishes the severity of the damage caused by uranium in the kidneys. And it does this for all the heavy metals and other toxic chemicals, including chemotherapy agents, which are highly lethal even in low dosages. Since depleted uranium was used starting in the first Gulf War, the United States has polluted the world with it, and it is showing up more and more in tests doctors perform. With a half-life of several thousand years, we had better be prepared to get used to dealing with the toxic effects and help our bodies pass them easily through the kidneys.

What does bicarbonate really do? Baking soda is like a strong janitor mopping up the poisons away. This janitor protects tissues and leaves an alkaline film or make sure everything stays safe. In medicine, sodium bicarbonate is like the cleanin man proven loyal through decades of faithful service and it can be brought in to provide protection in cases where people are suffering from radiation toxicity.

So useful and strong is sodium bicarbonate that at Los Alamos National Laboratory its researcher Don York has used baking soda to clean soil contaminated with uranium. **sodium bicarbonate binds with uranium, separating it from the dirt; so far, York has removed as 92 percent of the uranium from contaminated soil samples.**

Blaise W. LeBlanc, a former research chemist with the U.S. Department of Agriculture, found the toxic byproduct hydroxymethylfurfural (HMF) of high fructose corn syrup, which is fed to bees as a potential culprit in colony collapse disorder of bees. LeBlanc has a solution to the toxicity: By adding bases (such as sodium bicarbonate, lime, potash or caustic soda) to the syrup, the HMF levels drop.

Sodium bicarbonate can safely remove paint, grease, oil, and smoke residues from workers' exposure to harsh chemicals and eliminating much of the hazardous waste associated with other cleaners. "Sodium bicarbonate is able to clean in areas where other substances pose hazards because baking soda is a natural fire extinguisher," says Kenneth Colbert, a general manager for Arm & Hammer. This is the reason it's used by oncology centers to control chemotherapy side effects. It's actually used intravenously to **protect patients from the hazardous toxicity of chemotherapy.**

Sodium bicarbonate is found in various places around the world in the form of mineral deposits. The uses of this natural cleaner are endless. It can be used to treat illnesses as well as clean household items. Sodium bicarbonate is often found in household cleaners and laundry detergent because of its ability to lift dirt and grime and its efficacy in eliminating unpleasant odors. It's a surprise that this magic powder is the most effective and economical **way to clean clothes.**

Bicarbonate and Magnesium Emergency Medical Baths

Simply put, there is nothing like a hot soak in a magnesium chloride bath with bicarbonate. Such soaks are heaven on earth for people who suffer from insomnia and the feelings of numbness in the limbs. The same goes for what I call magnesium massages where someone rubs magnesium oil directly into the body. It turns out that these kinds of casual treatments can be intensified by being full-blown medical treatments. For emergency purposes, 1 to 5 pounds of bicarbonate (for children much less) can be used as long as that amount is balanced with magnesium chloride. Dead Sea salt, Epsom salts and magnesium chloride bath flakes (1 to 5 pounds as well).

The point is that if you are feeling any of the symptoms being reported in the Gulf region, sodium bicarbonate medical baths should be immediately initiated if you want to

hazardous toxicity. The United States government should organize a worldwide effort to citizens of the Gulf area large tonnages of sodium bicarbonate and magnesium salts. Cl be provided for both internal and external cleansing. The same goes for glutathione which should also be taken instantly upon symptom onset, and plenty of spirulina shou and taken regularly. **The key to avoiding long-term harm is to help the body chemical assault at the very moment one notices foul smell, foul taste or flu-like sy**



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