



“Sody Water”

Baking Soda

Baking soda relieves itching.

Baths:

A teaspoon of baking soda in tepid baths several times a day gives relief to many itching skin disorders, especially when used in conjunction with prescribed medication.

Compresses

Baking soda, one teaspoon in a pint of water. Compresses with a moistened clean cloth applied for up to 20 minutes 3-4 times a day help itching and absorption of prescribed medication.