

# Natural Health News

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EVERGREEN SPA & WELLNESS  
ELY, MN

## ALTERNATIVE USES FOR SODA

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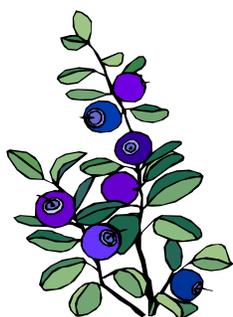
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### Retail Store Hours

Monday-Saturday

10 am-6 pm

(Closed Sundays)



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As you know, I do not recommend drinking commercial carbonated sodas, full of high-fructose corn syrup, artificial sweeteners, flavorings and colorings, caffeine, and other unhealthy additives. I came across this humorous list of alternative uses for soda and decided to share it with you. There is phosphoric acid in almost all carbonated drinks which helps **strip corrosion from battery terminals**. Pour some soda over the battery terminals and let it sit for a while. Then wipe off the residue with a wet cloth. Sodas are also an excellent **toilet cleaner** and will lift bad stains. Pour a can of soda into the bowl and let it sit for an hour, then brush to loosen the dirt and flush clean. This will also **remove rust stains** in your tub by soaking a sponge with an abrasive side in some Coca Cola. You can also **clean grout** and **remove mold and mildew** in your shower. If you have an older car that has real chrome trim with rust spots, take some crumpled aluminum foil, dip it in some Coke and rub the rust off the affected area. Coke also is an excellent **stain and grease remover** on clothing. Soak milk and blood stains with Coke for five minutes, then wash in your machine. To remove grease, pour a can of Coke into your washer, along with your regular detergent. It helps loosen and wash away those grease stains. You can also **clean oil stains from your garage floor or driveway** by pouring soda over the stain, let it soak in for a while, then scrub and rinse off with a hose. That same phosphoric acid **removes grease and grime from glass and eye glasses**. Even dried hairspray from mirrors. Just rinse thoroughly with water after. If your sink is draining slowly and you don't have any **drain cleaner** in the house, pour a 2-liter bottle of Coke down the drain and let the acids go to work on the clog. You can also **loosen rusted nuts and bolts** by soaking a rag in Coke and wrapping it around the rusted-on bolt for a few minutes. You can **strip paint from metal patio furniture** by soaking a towel in Coke. Let it sit on the furniture for about a week, adding more Coke whenever the towel starts to dry out. The paint should strip off easily. If **pests such as slugs and snails** are invading your lawn and garden, pour a little Coke into shallow dishes or jar lids and spread them throughout your yard. The sugar attracts them and the acid kills them. If you forgot a pot of something on the stove and it is now seared to the bottom and scrubbing won't get it off, boil some Coke in the pot and the burnt-on mess should lift right out. You can also **clean coins, rusty bolts, etc.** by placing them in a small dish to soak in Coke for a few hours. Rinse and wipe to a bright shine.

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In the event of an encounter with a skunk, sponge down yourself or your pet with some Coke and hose off. The phosphoric acids work to neutralize the odor. The acids will also stop a jellyfish sting from stinging. The acids in Coke will neutralize the venom in the sting. And pouring Coke over the wound is better than having your buddy pee on it. To get gum out of a screaming kid's hair, come to the rescue with a can of Coke. Soak the hair for a few minutes, then rinse. The gum should come right out. Washing hair with Diet Coke has the ability to strip and/or fade bad hair dye jobs. To give your hair shine, pour a can of Coke over your head, work it into your hair, then rinse. It is said your hair will be incredibly shiny and impervious to slugs and snails. For a mousse alternative, mix equal parts Coke and water in a spray bottle and mix well. After you shower, spray a light coat of the mixture into your hair, then style. However, having sugar in your hair may attract flies. If you are having an outdoor get-together and you are worried about guests slipping on your back patio, try this old stagehand trick: use a mop to spread a thin layer of Coke on the slippery surface. It will dry slightly sticky and tacky. Adding a can of Coke to a pot of pinto beans when cooking is supposed to neutralize the gas-causing compounds. There are those who say rubbing plain Coke all over your body gives you a deeper tan. There is caramel coloring in there, but I question the evenness of the result, and how long it will last. Apparently, if you soak hard boiled eggs in Coke the shells will dissolve, eliminating the need to actually have to peel them. You can make a bouquet of fresh flowers last longer by pouring about 1/4 cup of clean soda, like Sprite or 7-Up into a vase full of water. Sugar helps them last longer. It is rumored that spraying Coke on your grass will keep your lawn greener into the fall months. Have fun trying some of these alternatives instead of consuming these unhealthy beverages.

## JULY SPECIALS

AGAINST THE GRAIN —GF Vermont Country Rolls	30% OFF
RISING MOON ORGANICS—Frozen Ravioli, 8 oz.	30% OFF
BOB'S RED MILL—Farro, Millet, Amaranth, Teff	30% OFF
DRY SODA—assorted drinks—4 packs	30% OFF
FIBER RICH PLUS—Crispbread (Sunflower & regular)	30% OFF
HARVEST BAY—Coconut Water, 8.45 oz.	30% OFF
LUCINI ITALIA—assorted vinaigrettes, 8.5 oz.	30% OFF
SUZIES'S—Quinoa Milk, 32 oz.	30% OFF
WHOLESOME SWEETENERS—Coconut Palm Sugar	30% OFF
WHOLESOME SWEETENERS—Powdered Sugar	30% OFF
WHOLESOME SWEETENERS—Brown Sugar, 24 oz.	30% OFF
AURA CACIA—Shower Tablets, assorted fragrances	30% OFF
AND MANY MORE ITEMS!	

## STRESS-BUSTER JUICE

This soothing juice will get you de-stressed after a long day, thanks to nutrients such as folic acid, which helps create dopamine, a neurotransmitter associated with pleasure.

Pour **1/2 cup boiling water** into a cup. Add **1 chamomile tea bag** and steep for 3 to 5 minutes. Remove tea bag and transfer tea to freezer to cool, about 5 minutes. Meanwhile, using a juicer, process **2 organic oranges** (peeled), **1 organic cucumber with peel**, **1 head romaine lettuce** (trimmed) and **20 fresh mint leaves**. Combine tea with juice mixture. Enjoy!



Organic Roots  Bistro

### JULY HOURS:

We will be closed July 4th and Thursday July 10th.

Extended hours are starting July 15th:

**TUESDAY—SATURDAY 11 AM—9 PM**

Closed Sunday and Monday!

**Dinner reservations are recommended!**