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Natural Help 4...

Body Odor

What is Body Odor?

Body odor is one of those subjects that nobody really likes to talk about. It is not pleasant when there is a distinctive whiff of stale sweat in the air. Although, sweat is basically odorless, the smell can be quite awful. At some point **everyone has felt a bit sweaty, especially on a hot summer's day**, after a strenuous workout or when having to speak in front of an audience.

Fortunately, when most of us feel like this we simply want to head home, shower and smell fresh again. However, **many people sweat excessively and are even unaware that they smell**. Not only is this very embarrassing and may not just be a sign poor hygiene but of a more serious medical condition.

There are two types of sweat glands in the skin and they are known as the apocrine and eccrine glands. Apocrine glands develop in areas where there is an **abundance of hair follicles such as the underarms, genitals and scalp**. Eccrine glands develop over most parts of the body and open directly onto the skin's surface. Both these glands are controlled by the sympathetic nervous system, which controls most of our involuntary actions such as breathing, heartbeat and sweating.

It is a known fact that men sweat more than women. Children rarely have body odor because the glands in the armpits and genitals only become active during puberty. With the onset of puberty, the **sweat glands develop under the stimulation of hormones** and protein and the oil production of the skin in the armpits and genitals also increases

What causes Body Odor?

Everyone sweats but how much you sweat, the way you sweat, where and when differs from individual to individual. People usually sweat in hot conditions, after exercising or when they are stressed, nervous or anxious. Some people, who have **inherited a tendency to sweat excessively**, sweat on their palms and soles. When sweating develops as a result of emotions, it occurs on your face, underarms, palms and soles of the feet.

Body odor occurs as a result of sweat on the skin. Sweat is part of the body's way to cool down. Although sweat does not smell, the **bacteria that normally lives on our skin** feeds on it and breaks it down into aromatic fatty acids and chemicals that cause the unpleasant odor.

Certain areas of the skin such as the armpits and genitals tend to give off more of a body odor because these **glands produce oily substances and proteins that bacteria feed on**. Sweat found on any other areas of the body is salty water

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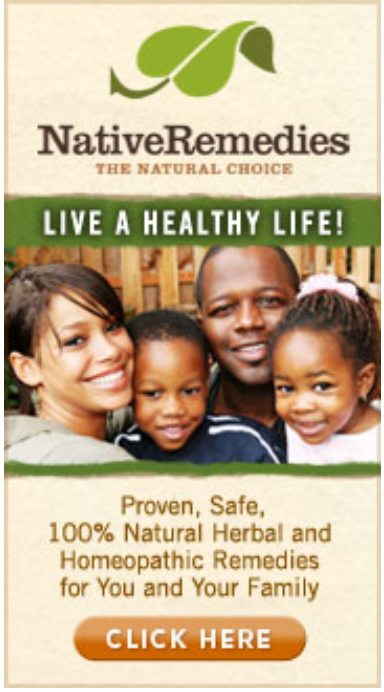
It is not intended to diagnose or treat any medical condition. Nothing in this ebook is intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health provider with any questions you may have regarding a medical condition.

Never disregard professional medical advice or delay in seeking it because of something you have read in this ebook or on ANY website.

which bacteria find difficult to flourish in.

There are several factors that contribute to excessive sweating and these include:

- Hereditary
- Serious illness such as kidney and liver disease
- Fungal infections
- Fever
- Overactive thyroid (hyperthyroidism)
- Low blood sugar (hypoglycemia)
- Hormonal changes such as puberty and menopause
- Presence of toxins in the body
- Low levels of male hormones
- Alcoholism
- Certain foods and beverages such as spicy foods, garlic, onions, coffee, tea and alcohol
- Certain drugs such as antipsychotic medications, morphine, aspirin, acetaminophen and thyroid hormone thyroxine.



How is Body Odor Diagnosed?

A medical diagnosis is generally not needed for body odor. However, if you break out into nights sweats or begin to sweat more than usual, consult with your health practitioner. If you notice a **change in your body odor**, this may be an underlying sign of a medical disorder.

For instance, people who experience a fruity body odor may be suffering from diabetes while an **ammonia odor may indicate kidney or liver disease**. If you experience a cold sweat, your body may be responding to severe pain, anxiety or a serious illness – get immediate medical attention especially if a cold sweat is accompanied by lightheadedness or stomach and chest pains.

Help and treatment for people with Body Odor

In order to keep body odor under control, first and foremost, it is essential to **practice good personal hygiene**. Taking regular baths and showers, wearing a fresh change of clothes daily, washing clothing at a high temperature, eating fresh fruit and vegetables as well as drinking plenty of water can make a significant difference in how a person smells.

Using over-the-counter products such as antiperspirants and deodorants should become part of your everyday routine. Antiperspirants **reduce the amount of perspiration that the body produces** while deodorants eliminate the smell. It is best to shop around when choosing between a deodorant and antiperspirant – antiperspirants are most associated with skin irritation often causing contact dermatitis and red, swollen itchy skin.

Antibacterial and antiseptic solutions containing chlorhexidine and aluminium chloride are available from pharmacies and help to reduce the amount of bacteria.

In excessive cases of body odor (hyperhidrosisis), certain surgical procedures may

Michele Carelse, Clinical Psychologist

All of our natural remedies are formulated by our expert team of herbalists, naturopaths and homeopaths, and headed by Michele Carelse.

Michele has had years of experience in the manufacturing and use of natural remedies. In addition, she is a trained Clinical Psychologist and has been incorporating natural remedies into her treatment of patients with depression, anxiety, ADD, ADHD and stress for many years with spectacular results.

be recommended. **Removing the sweat glands from the armpits** may also be an option. A procedure known trans-thoracic sympathectomy is performed under general anesthetic and involves incisions into the armpit to destroy the nerves that control the sweating. Injecting botulinum toxin (Botox) into the skin near the armpit stops sweating but does not prevent body odor.

Many deodorants and antiperspirants often only provide a temporary solution because the root of the problem is not being addressed. Natural and holistic treatments such as herbal and homeopathic remedies have proven to be effective in the **healthy elimination of toxins from the body** and to help keep perspiration levels at normal levels.

Two well known herbs such as Galium aperine (also known as Cleavers) and Milk Thistle act as cleansing tonics and supports the healthy functioning of the lymphatic system and liver. Homeopathic ingredients such as Silica, Calcium sulphate, Mag. Phos and Merc. Sol helps to **maintain hygiene and freshness** and also maintains the detoxifying and regulatory properties of the body.

There are a number of ways to prevent body odor and these include:

- Maintain good personal hygiene by washing or showering at least 2-3 times a day with hot water and anti-bacterial soap
- Wash directly after a work-out or sporting activity
- Use antiperspirants, deodorants and talcum powders regularly
- Shave or wax under your arms as this area is a fertile breeding ground for bacteria
- Wash clothing regularly in hot soapy water with a scented concentrate
- Avoid wearing the same clothing you wore the day before as it will retain the sweat smell
- Change socks and undergarments daily
- Wear cotton or linen clothes as they are more absorbent than synthetic fabrics
- Avoid wearing tight fitting clothes and rather opt for loose fitting clothes
- Incorporate fresh fruit, vegetables and whole grains into your diet
- Drink lots of water to flush out toxins in the body's system
- Avoid eating spicy or sharp smelling foods (such as garlic, onions, hot peppers or curries) as the odor comes through the pores
- Avoid drinking hot drinks such as coffee or tea

The Natural Approach

While Western medicine has become the norm in many cultures, it is not the only treatment option. Conventional western medicine, often called allopathic medicine, is the system of medicine taught at most medical schools and most pharmaceutical and synthetic medicines are manufactured and marketed according to the principles of allopathic medicine. Allopathic medicine is also sometimes called orthodox medicine.

Because most of us in the Western world have grown up in a society in which allopathic medicine is the prevailing norm, we forget that, only a few decades ago, homeopathic, herbal and other natural medicines were commonly available – and freely used even by conventional doctors. While there are often heated debates about which system of medicine is 'better' than the other, many responsible

Ask Our Experts a Product Question

If you have a question about one of our products, its usage or dosage, ask Michele and her team of experts about about it HERE! We will do our best to get you an answer within 24 hours.

Great Health Sites

Naturally Beautiful Me

Natural Pet Health Blog

Natural Holistic Health

Mom's Blog

Health or High Water

Pet Herbal Info Blog

The Natural Beat Blog

PetAlive Natural & Herbal Remedies for Pets

Native Remedies - Natural & Herbal Remedies

Remedies4 - Free Natural Health Ebooks

doctors (whether they are allopathic or not) recognize that both have a role to play in the treatment program.

Natural medicine has often been frowned on by conventional doctors, especially by those who did not have sufficient knowledge of these medicines. However, it is encouraging to note that some medical schools are now beginning to re-introduce it into their course work, thereby providing doctors with a wider range of treatment options from which to choose. In many countries, especially in Europe, India and China, natural and homeopathic medicines are commonly prescribed by conventional doctors and represent a significant part of the total annual drug sales.

Naturopathy is a branch of medicine (just as allopathy is a branch of medicine) which operates according to the underlying philosophy that the body has an innate capacity to heal itself. While natural medicines are often called 'alternative' or 'complimentary' medicines, they are, in fact, a unique and independent form of medicine in their own right, well able to treat a variety of conditions. Perhaps the term 'holistic' medicine is more apt, given the broad range of treatment options and approaches which are to be found within the practice of natural medicine, which encompasses many different disciplines, including herbalism, homeopathy, iridology, osteopathy, chiropractic, therapeutic massage techniques, aromatherapy, acupuncture and many, many more.

Most naturopaths will use a variety of treatment modalities in order to treat their patients in a holistic way to support health, relieve symptoms and prevent future disease. In fact, even the World Health Organization defines health as being "... more than simply the absence of illness. It is the active state of physical, emotional, mental and social well-being." This is a wonderfully clear description of holistic or natural medicine, which strives to support health (thereby relieving or preventing symptoms), rather than simply eliminating disease.

Although allopathic medicine certainly has a role to play and has made a tremendous contribution to medical science during the past century, there is a growing perception that it is not the only answer and that, in many cases, holistic medicine can accomplish just as much, if not more – without the risk of side effects, addiction and sacrifice to health so commonly associated with pharmaceutical drugs. Contrary to common perception, and provided that they are manufactured in the correct way, natural medicines can work quickly and safely to promote healing.

In many cases, they can succeed where pharmaceutical drugs have failed. Despite frequent reports that they are 'unproven' and 'untested', the opposite is true. Natural medicines have a long history of usage and there is a wealth of empirical evidence to support their effectiveness and safety. In addition, active clinical research is carried out by many academic hospitals and universities to support the extensive traditional and empirical evidence behind natural medicines.

It is also important to know that, like any medicine, herbal and homeopathic medicines must be manufactured in the correct way, following acceptable procedures and manufacturing methods to ensure maximum effectiveness and safety. Due to the recent rise in popularity of natural remedies, many companies have sprung up to take advantage of the market. Unfortunately not all of them are equipped to manufacture to the correct standards, often resulting in a flood of inferior (and sometimes even unsafe) remedies onto the market – and giving natural remedies a bad name.

Even some pharmaceutical companies have rushed to claim their market share by producing so-called 'standardized' extracts of herbs and offering these as superior to the tried and tested methods of naturopathic manufacturing. Nothing could be further from the truth. While 'standardized' extracts may offer benefit of easy consistency of dosage (and cheaper more efficient production lines), they have grave disadvantages. These include an increase in side effects as the medicines produced in this manner lose the natural protective properties of the herbs. In some cases, these side effects have proved fatal – as was seen in the liver toxicity associated with standardized extracts of kava kava, a herb previously safely used for generations without any known side effects.

Most naturopaths recommend what is called the Full Spectrum Method of extraction – which retains the benefits of ALL the active ingredients within the herb as opposed to isolating only one – thereby providing a more complete treatment as well as superior protection against side effects.

Whatever your choice, always choose wisely. Research what is best for you. If you have a chronic or life threatening condition, don't make changes without first discussing them with your doctor in order that your condition may be monitored. Well informed and supportive practitioners will support patients who want to take responsibility for their own health.

Related Natural Remedies:

DeodoRite: Support the body's natural cleansing and detox methods, healthy sweat glands and normal perspiration

DeodoRite is a 100% safe and effective internal natural remedy, especially formulated to support the natural cleansing functions of the body, helping to keep us smelling as sweet as nature intended!

The formula has been specially manufactured to **support the healthy elimination of toxins from the body**, promote healthy liver functioning and maintain the health of the sweat glands.

Learn more about DeodoRite

Read the testimonials for these quality products here!

Six Good Reasons to choose Native Remedies as your trusted suppliers of herbal & homeopathic remedies:

1) All Native Remedies products are manufactured according to the highest pharmaceutical standards - using only the best quality raw ingredients from nature's medicine chest.

2) Native Remedies and our suppliers are registered with the FDA as accredited suppliers and manufacturers of health supplements. Our products are sold all over the world and are manufactured to strict international standards in a GMP accredited manufacturing plant.

3) All our remedies are manufactured in an FDA registered pharmaceutical facility under close supervision.

This includes formulation, acquiring and testing of raw ingredients as well as final manufacturing. This gives us the confidence to say that when you are buying a Native Remedies product, you are buying the safest and the best! We know what goes into our remedies - which is why we know what you will get out of them!

4) Manufacturing is done strictly according to the principles of GMP (Good Manufacturing Practice) and all raw ingredients undergo stringent testing before being approved by our registered manufacturing pharmacists.

5) We offer a free email Ask Our Experts service run by trained consultants ready to advise you on the best choice for your health.

6) We offer an unconditional One Year Money Back Guarantee.

Read more about the Native Remedies Full Spectrum Approach™

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Home Study

Alternative Healing Academy

Advanced Color/Crystal Reflexology Practitioner | Basic Anatomy & Physiology | Basic Reflexology Practitioner
Basic Aromatherapy Practitioner | Advanced Reflexology Practitioner | Advanced Aromatherapy Practitioner
Basic Color/Crystal Therapy Practitioner | Mini Courses | Advanced ReflexAromatherapy Practitioner

With the increasing popularity of aromatherapy, reflexology, color & crystal therapy and a return to a more holistic lifestyle, people have begun searching for ways to earn more money; expand their skills; improve the health of themselves, friends & family; and increase their knowledge of alternative medicine.

The Alternative Healing Academy has developed several new courses in the holistic health care field for those who would like the opportunity to learn a healing modality at their own pace and in their own homes.

A Doctor of Reflexology with The Alternative Healing Academy is teaching classes with curriculum very similar to the Reflexology Practitioner Course and the Basic Aromatherapy at her local community college.

Our holistic health courses were developed by professionals in the Holistic Health Care field trained in the following modalities: Aromatherapy, Advanced/Master Aromatherapy, Reiki, Tuning Fork Therapy, Color and Crystal Therapy, Homeopathy, Herbalism, and Advanced Reflexology.

Furthermore, since we at the Alternative Healing Academy also realize that not everyone wants to make alternative medicine a career choice, we also offer **basic courses** as well as several Mini Courses which will teach you the skills you need to help improve the health and quality of life for yourself, your family and your friends.

Check out our Affordable Payment Plans!

All graduates of an Alternative Healing Academy home study course will receive a 20% discount off AHHA Practitioner Membership if they meet qualifying criteria and join within six months of their graduation date.

About Our Courses

Would you like to learn accurate, detailed aromatherapy, reflexology and/or color & crystal therapy information at your own pace in the comfort of your home? Would you like to become certified in Reflexology, Aromatherapy or Color and Crystal Therapy? An Alternative Healing Academy Distance Learning Course could be what you're looking for...

If you own or work for one of the following:

Natural Foods Store, Aromatherapy Store,
New Age Retail Store, Gift Shop, Herb Store,

Aromatherapy Manufacturer,
Massage Center, Holistic Center, Day Spa, or any type of Salon

If you are a practitioner:

Massage Therapist, Esthetician, Chiropractor, Nurse, Herbalist,
Acupuncturist, Bach Flower Therapist, Body Worker, Reiki,
Doula, Midwife, Energy Worker

If you are interested in personal development or improving the health of yourself and your family - these courses are also for you!

Advanced Color/Crystal Reflexology Practitioner | Basic Anatomy & Physiology | Basic Reflexology Practitioner
Basic Aromatherapy Practitioner | Advanced Reflexology Practitioner | Advanced Aromatherapy Practitioner
Basic Color/Crystal Therapy Practitioner | Mini Courses | Advanced ReflexAromatherapy Practitioner

Common Questions Asked About Holistic Health Distance Learning Courses:

What is Certification?

Most schools will offer an exam that tests the student's knowledge of the material taught in the respective course. Upon successful completion of this exam, a Certificate or Diploma will be issued by the school attesting that the student has successfully met the requirements as specified by that school. The only governmental recognition of Aromatherapy in North America is the occupational title designation granted to the BCAOA under the Societies Act of British Columbia.

What is a Certified Aromatherapist or Reflexologist?

Most prospective students want to know whether taking our courses will lead to their becoming 'Certified' in that healing modality, thereby leading to the title of Certified Aromatherapist, Certified Reflexologist or Certified Color/Crystal Therapist. The answer to this really depends on what you mean by 'Certified." We believe it can be misleading to purport that completing a course in a healing modality such as reflexology, aromatherapy or color/crystal therapy will lead to a designation of 'Certified' Therapist. These are not official title designations nor are they ones which are recognized by any country's governmental body. All that these titles mean is that this is what an Individual Instructor, School or Institution decided to put on the Diploma it awards those who successfully complete their course.

What is an accredited course in Aromatherapy or Reflexology?

The answer to this will depend on who you are asking. At the present time, British Columbia is the only government to recognize Aromatherapy as a distinct profession and has granted Occupational Title Protection to the members of the BCAOA (British Columbia Alliance of Aromatherapy) with the exclusive right for its members to call themselves Registered Aromatherapists (R.A.).

At this time, neither Reflexology nor Color/Crystal Therapy have such occupational designations in any country although one prominent Reflexology school in Colorado, The Modern Institute of Reflexology, has gained occupational designation for their institution in that state. MIR has been designated by the Colorado State Division of Private Occupational Schools - Dept. of Higher Education as an approved school. Our Reflexologist who developed the reflexology modules for our courses was trained at MIR as a Certified Reflexologist, a Master Reflexologist and a Dr. of Reflexology.

In the United States, the NAHA (National Association for Holistic Aromatherapy) has put into place their Approved Standards for Aromatherapy Training. The Alternative Healing Academy's Advanced Aromatherapy course meets and exceeds these standards and we are in the application process of becoming an approved program through the NAHA.

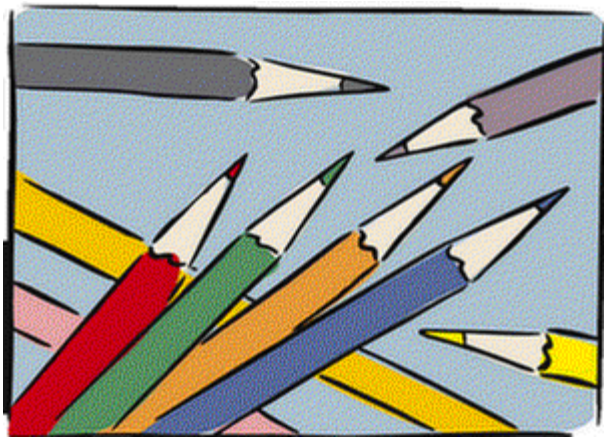
In Canada, there are a number of different Associations including the BCAPA (British Columbia Association of Practicing Aromatherapists and the CFA (Canadian Federation of Aromatherapists). Time will tell if one authoritative body or association becomes the standard by which to judge and govern the educational offerings of these alternative healing modalities.

It has to be noted that NO form of aromatherapy "certification" is currently recognized in the USA by anyone other than those in the trade, nor is aromatherapy (or essential oils in the aromatherapy trade) regulated by any governmental body.

Some information about the courses we offer:

1) You can receive the course in one of two ways: A cd with the modules and tests in PDF format can be shipped to you; or, The modules can be emailed to you three at a time. Each time you complete the tests for the current three modules, a new set of three modules will be emailed to you.

2) All modules are clearly explained, are in pdf format and fully



illustrated.

3) The Advanced Aromatherapy Practitioner and the Advanced ReflexAromatherapy Practitioner courses are designed to meet the National Association for Holistic Aromatherapy (NAHA) guidelines.

4) A tutor will be available via email to answer any questions you may have.

You will be contacted after purchase to find out how you would like your course delivered. All tests for the course can be either emailed or snail-mailed to The Alternative Healing Academy.

Upon successful completion of any full diploma or certification course (with a score of 80% or higher), you will receive a beautiful Diploma, suitable for framing.

Course Testimonials

"I'm done! Going through the final and the case studies and having such amazing experiences and opportunities to help people, I truly feel blessed and honored to have had the intense education that came with this course. I discovered in me a new ability to serve others, not only through education but through the power of healing that comes with the use of essential oils. I am continuing to train personally with Alexandria Brighton and have begun work toward opening an aromatherapy practice. Thank you so much for your patience and knowledge. Most of all thank you for this new way of living and enjoying Life."

~A. Lindquist - Advanced Aromatherapy Practitioner

"I am finding the course great. It is written very well so even people like me can understand the human body a whole lot better. I just hope that I can remember it all. I don't think I have a chance of remembering the names of everything in the muscular system or the movement system. But, I do have more of an understanding of how everything works now. I find it just amazing. Thanks Heaps."

~M. Oliver - Basic Anatomy & Physiology

"This information is great that you are teaching. I would really like to talk my oldest daughter into taking your course. It really goes into detail which is very informative."

~Debbie F. - Basic Reflexology

"Seven years ago I started to see a reflexologist for migraines and sinus problems. I was amazed that I finally found relief without medication. I decided this year to search out a course in reflexology so I could help family and friends and show them the benefits of reflexology. I researched various courses on the internet and decided to go with the basic course through the Alternative Healing Academy. I was impressed with course material and the ease of receiving the course material.

"I was given an choice of having a CD sent to me or to receiving and sending back the assignments through email. I choose email. I received 3 lessons at a time that I could read and study on my own time frame and return the lessons when I was done. Everything was sent in a very timely manner and communication was open and quick. If I needed help, I knew it was only a click away and the response time was very quick. The techniques used also came in a video mode in the email that I could replay as much as I needed to.

"I felt I learned a lot and am able to help myself and others. Being able to log 20 hours of treatment time and writing the case histories for the final exam was extremely rewarding and helpful. I would recommend this course to others interested in reflexology because the course material was very informative and complete and written in easy to understand language."

~Jean Russell - Basic Reflexology Course

"I'm so excited about (the Advanced Aromatherapy course) and I'm particularly excited about the possibility of making custom blends for people! I hadn't anticipated having that opportunity when I took the course so I'm excited to have everything done! I'm very excited to have finished. I really enjoyed this course and really appreciate all the work you've put into it! This has been a fabulous jumping off point for me and I'm so glad I took it.

"p.s. I know the boys are much slower at the Reflexology, but my son is loving the classes."

~Megan P. - Advanced Aromatherapy Course

Our Associations

Organizational Member of the American Holistic Health Association - http://www.ahha.org/
Professional & Business Member of the National Association of Holistic Aromatherapy - http://www.naha.org/
Professional Member of the International Reflexology Association - http://www.holisticbenefits.com/ima/international-reflexology-association.html
Professional Member of the International Aromatherapy Association - http://www.internationa**l**romatherapyassociation.com/

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Sales & Refund Policy

We will, within 30 days, refund the purchase price of any course you purchased ***MINUS* the cost of the modules you have already received**. This policy does *NOT* apply to our informational Mini Courses. Please see the Mini Courses page for more information on those. Please email support if you wish to be refunded or have questions about our refund policy.

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