

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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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 night 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](#) (hyperhidrosis), certain surgical procedures may



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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 aperiine (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

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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.



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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.

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