



# ***EXCLUSIVE REPORT!***

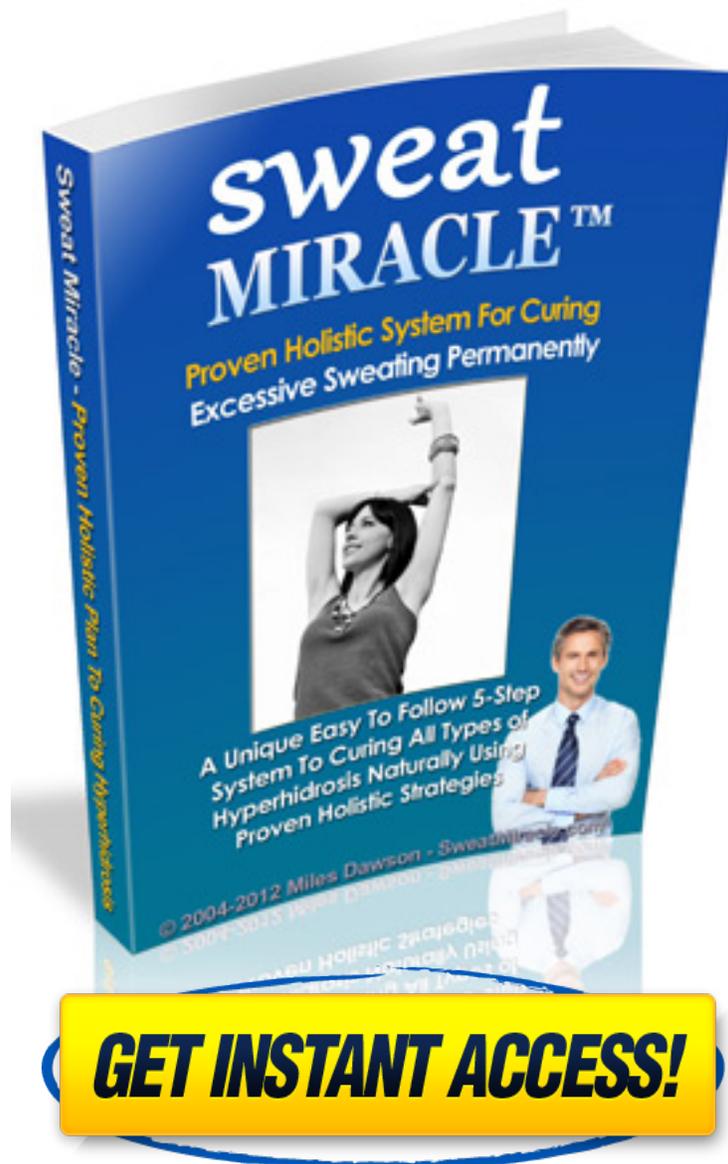


Excessive  
**Sweating &**  
hyperhidrosis

[www.sweatmiracle.com](http://www.sweatmiracle.com)

Please note that it is also extremely important to obtain an accurate diagnosis before trying to find a cure. Many diseases and conditions share the same symptoms of excessive sweating and if you treat yourself for the wrong illness or a specific symptom of a complex disease, you may delay legitimate treatment of a serious underlying problem.

You should therefore consult a qualified practitioner to make sure you don't have any of the underlying conditions associated with Secondary Hyperhidrosis (below) before beginning any new nutrition, exercise or dietary supplement program.



## Introduction

The purpose of this e-book is to help you control your Hyperhidrosis without resorting to surgery or other potentially hazardous and expensive treatments. The great thing about it is that you don't need to do everything I suggest – there are lots of techniques in my systems which, together, make up the most comprehensive treatment I have found to effectively control Hyperhidrosis – naturally. So you can adopt some or all of the techniques – it's your choice. My guess is that once you've dipped your toe in and seen that improvements can indeed be made, you'll want to make more of the principles a part of your life and enjoy the satisfaction of dry hands and feet!

The greatest freedom for me has been the realization that I *can* actually stop myself sweating – and I'm sure you can too - the more principles you adhere to, the more effective you will be in stopping it.

As part of your purchase I will be sending you updates and new discoveries in the form of my newsletter '**Natural Sweat Cures**'. I am constantly researching and testing treatments and products that reduce excessive sweat and you can rest assured that I'll pass my findings on to you.

Hyperhidrosis is a serious medical condition that causes abnormal and excessive sweating. It usually affects the palms, feet and underarms, but can also affect the face and body. If you suffer from this condition you are far from alone...it affects men and women in all age groups and it is estimated that 12 million Americans are affected.

Excessive sweating is embarrassing, uncomfortable, anxiety-inducing, and disabling. It can occur at any time, in cold or hot environments and even when you are relaxing without feeling any stress. It can disrupt all aspects of life, from career choices and recreational activities to relationships, emotional well-being, and self-image.

Coping with Hyperhidrosis is a daily struggle of hand wiping and clothing changes and it is my aim that this treatment program will help you, as it has me, to reduce and control the amount you sweat.

**There are two main categories of Hyperhidrosis:**

### **Primary Hyperhidrosis**

Primary Hyperhidrosis can occur in the hands (palmar Hyperhidrosis), in the armpits (axillary Hyperhidrosis), on the face (facial Hyperhidrosis), or in the feet (plantar Hyperhidrosis).

Primary Hyperhidrosis is the focus of this treatment program.

### **Secondary Hyperhidrosis**

Secondary Hyperhidrosis generally affects the entire body and may be caused by underlying conditions such as:

Hyperthyroidism

Infections

Malignancy

Auto-immune disorders

Obesity

Menopause

Diabetes

Psychiatric disorders

Treatment for secondary Hyperhidrosis involves eliminating the underlying condition following a careful history and physical examination by a qualified physician.

### **Symptoms of Hyperhidrosis**

Patients with palmar Hyperhidrosis have wet, moist hands that sometimes interfere with grasping objects. Most patients with palmar Hyperhidrosis also consider it a difficult social problem since every time they shake hands, they leave the other person's palm very moist, a sensation most people find unpleasant. Those who suffer from axillary Hyperhidrosis sweat profusely from their underarms causing them to stain their clothes shortly after they dress. Once again, this proves to be very unsightly and a social disadvantage. Plantar Hyperhidrosis is the excessive sweating of the feet and leads to moist socks and shoes as well as increased foot odor. The most uncomfortable feature of this for me was slipping and sliding out of my sandals in summer.

## **Essential background information on sweating**

Although at this moment in time you wish you could stop sweating entirely, you have to realize that sweating is a normal and *essential* bodily function. Sweat serves to cool off and lubricate the skin; especially in areas that may rub against other areas of skin, such as under the arms and around the groin. It is also an important means of elimination for the various toxins you are exposed to on a daily basis. If you have Hyperhidrosis, whatever method you choose to deal with it should not stop this natural and necessary mechanism.

Sweat is produced by glands in the deep layer of the skin which filter fluid and salts out of the blood. The resulting sweat is secreted through small tubes in the skin (sweat ducts) that empty out into small pores at the top outer layer of the skin. Sweat glands are present in the highest concentration in the palms of the hands and soles of the feet.

There are two factors which cause the body to sweat. One is an increase in body temperature – the brain tells the body to sweat in order to keep it cool so as to maintain an optimal internal temperature.

The other reason we sweat is in response to emotional factors such as anxiety or stress and this is a very important point.

The activity of the sweat glands is totally under the control of the Sympathetic Nervous System (SNS).

In high-stress situations such as before a first date, meeting an angry boss, an interview etc. the SNS takes over in what is commonly known as the 'fight or flight response'. As a reaction to danger, excitement or psychological stress the SNS sends most of your blood to your heart, lungs, and large muscles so that you can have the strength and endurance to successfully handle the situation. *It also senses the increase in body temperature that comes with these fight or flight situations, and sends a signal to your sweat glands to produce sweat to cool you down.*

This means sweating is an *involuntary* process – we have no conscious control over it. Lifting your arm, chewing and clapping your hands are all *voluntary* processes i.e. you have a choice as to whether or not you do them. But sweating, along with breathing and jerking your hand away after touching a hot stove is an *involuntary* action – and is

largely beyond our control.

Don't get disheartened by this last comment though, just because we can't stop our bodies from sweating (nor should we try – it's an essential process), we *can* alter the conditions and triggers that lead to sweating so that it happens at a more normal rate.

### **What causes Hyperhidrosis?**

As with any ailment, understanding how it develops is the key to treating it. So what are the causes of Hyperhidrosis?

For reasons unclear to researchers, extreme sweating occurs when the sympathetic nervous system goes into **overdrive**.

There also seems to be a hereditary component to the condition, as some sufferers claim to have a relative with Hyperhidrosis.

So, putting aside the hereditary factors, (because there's not much we can do about those!), let's turn our attentions to the other cause – over-activity of the sympathetic nervous system...

Although nobody seems to understand the exact cause of our problem, we do know that the normal bodily process of sweating is controlled by the sympathetic nervous system (SNS) – as explained above.

It therefore follows that if we are sweating excessively, as in the case of Hyperhidrosis, the SNS must be working too hard or undergoing too much stimulation in some way.

Many doctors feel that when the sympathetic nerves are over stimulated too much of the neurotransmitter, **acetylcholine** is produced. Too much of this chemical present next to the sweat glands stimulates them to produce large amounts of fluid.

It makes sense then, if we are to reduce or control excessive sweating, we need to reduce activities and substances that stimulate the nervous system.

### **It is on this principle that my treatment program rests.**

We'll come to the program in a moment but first let's have a quick look at some of the other treatments that are currently available for Hyperhidrosis.

## **Conventional Treatments for hyperhidrosis**

You'll notice that these conventional treatments take a completely different approach to my program. They rely on either cutting the nerve impulses to the sweat glands, reducing the amount of acetylcholine, destroying the sweat glands or blocking off the sweat ducts so that the sweat cannot flow out onto the skin.

### **1. Anti-perspirants**

These work by causing the sweat to thicken so as to block or plug your sweat ducts thereby reducing the amount of sweat that reaches the skin. They are considered to be the least invasive of all therapies so this is generally the first treatment that a doctor or specialist will suggest. Antiperspirants are available either over-the-counter or by prescription from your doctor.

Aluminum chloride hexahydrate concentrations of 10% to 15% are recommended for excessive sweating of the underarms. For the hands or feet, higher concentrations are needed - usually around 30%. Antiperspirants can be tried for facial sweating, too, but because skin irritation can occur, it's important to talk to your doctor before applying an antiperspirant to such a tender area. He or she may have recommendations about which antiperspirants, or active ingredient concentrations, may be more suitable for the face and other sensitive skin areas.

### **Problems with anti-perspirants**

The main immediate drawback with antiperspirants for me is that they cause skin irritation which isn't much of a surprise when you consider the cocktail of chemicals they contain. Some manufacturers recommend completely drying your skin before you apply an antiperspirant and then washing it off after 6 to 8 hours to minimize the risks of skin irritation. I've only found one deodorant that doesn't cause me significant itching and soreness – the details are in the resources section at the end of the guide – so I use them sparingly, if at all.

A second problem is that they have to be frequently reapplied, or else the clumps in the ducts will get dissolved, unblocking the ducts and permitting sweating.

Thirdly, the very act of blocking the sweat ducts is unnatural. Sweating is an essential body process and should not be blocked by artificial means. It seems obvious that if the sweat can't escape via the blocked

ducts it will migrate to other parts of the body.

Finally, the aluminum they contain can build up in your system with long term use. This has been linked to Alzheimer's disease.

Personally, I find the idea of antiperspirants nothing more than a 'sticking-plaster' solution to the problem of sweating. In my opinion, if you use anything that contains toxic ingredients on a long term basis, you're asking for trouble. They are OK as emergency, temporary relief but they do nothing towards actually getting to the root cause of the problem. As for putting them on your face, as some people recommend, I won't even comment!

## **2. Iontophoresis**

In this treatment, electric currents are passed through the skin in order to disrupt the function of the sweat glands – thus preventing them from working. The electric current "shocks" the sweat glands, and they stop making sweat until they recover.

Used correctly and adjusted to individual situations, Iontophoresis has proven to have a very high success rate (83% according the American Academy of Dermatology) for people with sweaty palms and sweaty feet. Machines are available for home use.

### **Problems with Iontophoresis**

The immediate drawback for me was the initial cost. You can find the machines on the Internet for about \$500 but this was too much for me – especially when I discovered that I couldn't use the treatment for other parts of my body such as under my arms.

Affected areas may become too dry and crack but this can be alleviated by decreasing the frequency of the treatments. There is no risk of electric shock because the current used is very small but most patients report a tingling sensation and mild pain especially in the beginning of the treatments.

For the method to work, the body part you want to treat must be immersed in water. This means it is only really suitable for hands and feet – not faces or under arms.

A final consideration is the time that is required to do the treatments and the fact that the treatments have to be continued indefinitely. A typical treatment takes about twenty minutes on a daily basis. For me,

this was unacceptable.

### **3. Oral medication**

The theory behind oral medications such as **anticholinergics** is that they block the neurotransmitter, acetylcholine, from stimulating the sweat glands. Other medications that seem to have had an effect on Hyperhidrosis include antihistamines antidepressants, and some of the tranquilizers.

#### **Problems with oral medication**

Due to side effects, oral medications are not recommended as a long-term solution.

These are some of the possible effects of anticholinergics which I found on various Internet health sites:

Loss of coordination

Decreased mucus production leading to consequent dry, sore throat

Stops perspiration; consequent increased thermal dissipation through the skin leading to hot, red skin

Increased body temperature

Pupil dilation leading to consequent sensitivity to bright light

Double vision and blurred vision

Increased heart rate

Diminished bowel movement and urinary retention

Confusion

Disorientation

Short-term memory loss

Inability to concentrate

Heart Palpitations

### **4. Botox**

The FDA approved Botulinum Toxin Type A (BOTOX®) to treat severe underarm sweating (axillary Hyperhidrosis). It is injected into the skin and acts by temporally blocking the acetylcholine. It is injected at 15-20 sites in the underarm. A decrease in sweating is usually noted soon after the injections.

#### **Problems with Botox**

Botox injections are painful and expensive. Since the treatments have to be repeated every 4-6 months the expense may be substantial.

They seem to provide a suitable treatment for underarm sweating but

have only had limited success on other parts of the body with most patients being reluctant to receive multiple injections in their hands and face.

Botox has also been associated with temporary paralysis of the hand muscles.

The big disadvantage to Botox is that, once again, the injections do not cure Hyperhidrosis; the symptoms will gradually return so expensive follow-up injections are required to maintain dryness. These repeat injections may be necessary at intervals varying from seven to sixteen months.

## **5. Surgery**

The surgical treatment of severe Hyperhidrosis is a procedure called endoscopic thoracic sympathectomy (ETS). The procedure entails cutting or destroying the Sympathetic nerve trunk but this renders the operation irreversible.

During ETS surgery, physicians attempt to interrupt the transmission of nerve signals from the spinal column to the sweat glands and to thus prevent these nerve signals from "turning on" the sweat glands. Once the nerves are cut or destroyed, the sweat glands that are supplied by those nerves stop secreting sweat.

The procedure is performed with the patient under general anesthesia. A miniature camera is inserted into the chest under the armpit. A lung is temporarily collapsed so the surgeons can cut or otherwise destroy the nerve paths associated with the overactive sweat glands. **This procedure is permanent, and currently there is no reversal technique.**

After the surgeon completes this procedure on one side of the body he/she performs the same procedure on the other side. ETS has been used to treat severely sweaty palms and sometimes the combination of sweaty palms and sweaty underarms, but it is major surgery and a treatment with significant risks.

### **Problems with surgery**

Surgery is generally reserved for severe cases of Hyperhidrosis that have not responded to all the other treatment options as the risks of permanent damage are very real.

The following risks are common to all forms of surgery: allergic reactions to anesthetic or drugs, infection at the site of operation, cardiac problems (heart attack, abnormal rhythm), stroke, pneumonia, blood clots, damage to arteries, veins, nerves and organs. The incidence of these complications is very low but such problems can arise with any form of surgery, and patients must be aware of all the risks no matter how small.

In addition: other parts of the skin also lose their sympathetic nerve supply, so the skin may lose its ability to control its temperature and blood flow. This may lead to paleness and coldness of the skin where its nerve supply has been disrupted. People who suffer from blushing may find this side-effect desirable, as they will lose the ability to blush in those areas affected by the surgery.

The most common side effect of this particular procedure, sympathectomy, is compensatory sweating (CS) and this is unfortunately quite common with most patients experiencing it to some degree.

Compensatory sweating occurs because the body is prevented from sweating in certain areas but still has to somehow regulate its temperature. If the operation prevents sweating taking place in the arms, for example, patients may notice a greater amount of sweating elsewhere in their body in order to 'compensate'. It can occur in the lower chest, abdomen and legs and while this appears to be little more than a nuisance for most patients, it can be severe and interfere with the patient's lifestyle in some cases. Indeed, in some cases it can be equally or even more extreme than the original sweating problem.

In a study involving 121 patients at the Medical City Hospital of Dallas, Texas, compensatory sweating occurred in more than 80% of the patients undergoing ETS. Similarly, in a Danish study conducted at the Aarhus University Hospital, 90% of the patients undergoing ETS for underarm sweating, reported compensatory sweating, half of whom were forced to change their clothes during the day because of it.

Other side effects and complications of this particular surgery include postoperative rib pain and dryness of the hand, the face and the neck. Some patients also experience a decrease in their heart rate. However with the new ESB technique these complications are very rare.

Finally, there are the rare (but real) risks of damage to the lungs and

Horner's syndrome, a form of nerve damage which affects the eyes and the face. Although the incidence of this is very low (1%), it is a potential complication of which all patients should be aware.

Overall, with the exception of compensatory sweating, improvements in technology and techniques keep the incidence of complications or side effects fairly low. the most important of which is your ability to control the size of your blood vessels.

Your hands and armpits will almost certainly stop sweating after this procedure, but the negative side effects are surely too numerous and serious to consider it as a realistic option.

## The Natural Hyperhidrosis Treatment Program

The Natural Hyperhidrosis Treatment Program is an holistic approach and so takes account of the whole body rather than just focusing on the symptom or the part that has the problem. It is a move away from temporary fixes like drugs and surgery to one focused on treating and preventing the underlying causes of disease and illness. As such, improvements are made throughout the whole body and the benefits don't just stop with a reduction in your excessive sweating.

One of the things I couldn't understand about my own Hyperhidrosis was that the sweating seemed to occur for no apparent reason at all. I expected to sweat heavily if I was exerting myself physically or very stressed or nervous in some way; or even if I was out in hot weather – because in such circumstances the SNS would be undergoing significant stimulation.

However, when it also happened whilst I was quite relaxed or in a cool environment, I knew that the situation was far from simple.

Last year I badly injured my knee and had to have 3 months off work. This free time enabled me to really analyze the conditions that were making me sweat. I noticed that even the slightest feeling of anxiousness would trigger my SNS and make me sweat profusely. And I do mean '*the slightest*' - sometimes the anxiety wasn't even apparent to me unless I paid very close attention. At times I would sweat even when I felt quite relaxed but clearly the SNS was clearly still being triggered by something because the wet palms and feet still kept happening.

I noticed two things: one; I would sweat badly in even the most slightly threatening or stressful situation – parking the car, meeting new people etc. Two; I would sweat if I was involved in any kind of physical exertion. (Prior to my accident I had been very fit but now, after 8 months without physical exercise I found activity a lot more difficult).

Nothing strange their you might think – everyone gets stressed out parking a car or meeting new people and everyone sweats if they're exercising because it's the body's way of cooling itself. Yes, quite right, but the difference is that they don't start sweating excessively.

Clearly, people like us who suffer from Primary Hyperhidrosis have an *ultra-sensitive* SNS which *over-reacts* to what may be considered 'normal' anxiety or stress. In fact, it's so sensitive that it makes us sweat even when we don't *feel* particularly anxious. But mark my words... whenever we sweat excessively it is in direct response to something that has triggered the SNS.

### **So what triggers the SNS and how can we control this?**

I believe one answer lies in the foods we eat. Whilst I was convalescing following my accident I experimented with different foods to see what effect they had on my sweating. I fasted for 4 days to remove toxins and then re-introduced certain foods to my diet to see if they made me sweat. Boy, did they! Let me tell you... **A significant and overlooked cause for over-activity of the SNS is eating foods that your body cannot tolerate.**

**Let's look at this as being our first trigger...**

## **Principle 1 - Eat the right foods to avoid triggering the sweat process.**

Excessive sweating is not an acute issue, it is chronic. By 'chronic' I mean that it is a deep-rooted, long established problem that will consequently take time to resolve. It will require several changes to help the body come back into balance, the biggest one being through diet.

**"Humans live on one-quarter of what they eat;  
on the other three-quarters lives their doctor."**

**Egyptian pyramid inscription, 3800 B.C.**

### **Firstly you need to avoid the foods that cause over-stimulation of the SNS.**

I found that certain foods definitely make me sweat more than others – almost immediately after ingesting them so I've included details of these foods below. I'm also going to tell you about foods which are known to be calming and beneficial to the nervous system – the more you eat of these, the less stimulation your SNS gets!

**These are the items you should always leave off the menu.** You will notice an IMMEDIATE reduction in the frequency of your sweat attacks when you do...

#### **Cigarettes and Alcohol**

They're not just unhealthy habits, but sweaty ones, too. Alcohol tends to dilate the vessels in the skin, increasing your body heat, and tobacco increases your body's levels of adrenaline, both of which will make you sweat more.

#### **Sugar**

Sugar can contribute to hyperactivity and anxieties – both of which will make you sweat - and interferes with absorption of magnesium, which as you'll see later, is an important mineral for preventing heavy sweating.

The average American consumes an astounding amount of sugar each week, which is not surprising considering that highly refined sugars in the forms of sucrose (table sugar), dextrose (corn sugar), and high-fructose corn syrup are being present into so many processed foods such as bread, breakfast cereal, mayonnaise, peanut butter, ketchup, spaghetti sauce, and a plethora of microwave meals.

Because sugar is devoid of minerals, vitamins, fiber, and has such a

deteriorating effect on the endocrine system, major researchers and major health organizations (American Dietetic Association and American Diabetic Association) agree that sugar consumption in America is one of the 3 major causes of degenerative disease.

Try the following tips to help moderate or eliminate the amount of added sugar in your diet:

- Buy unsweetened cereals – porridge oats are healthiest.
- Avoid cakes, sweets and chocolate like the plague
- Drink 100% natural, freshly squeezed fruit juices or water rather than processed fruit drinks, soda or cordials which tend to have considerable amounts of sugar added to them.
- Sweeten your cereal with banana slices or raisins instead of table sugar.
- Choose fresh fruit or fruit not canned in heavy syrup to satisfy your sweet tooth.
- Go easy on or avoid foods that have the words sucrose, maltose, dextrose, fructose or syrup listed among the first three ingredients on the food label. These foods tend to contain high amounts of sugar.
- Don't substitute honey for sugar – it's just as bad.
- Try reducing the amount of sugar in your favorite recipes. You may be surprised that some recipes taste the same even when you reduce the sugar content by as much as 25-40%.
- Remember that refined sugar includes not only "sugar", as listed in ingredient listings, but also the brown sugar that is sold in the baking aisle in the regular grocery store. Other refined sweeteners to avoid are glucose, fructose and dextrose. Hidden sources of white sugar are in mayonnaise, ketchup, salad dressings and other condiments, unless you get them at health food stores. Replace your condiments with the white-sugar-free versions.
- A more obvious source of white sugar is in jams and jellies. There are now many all-fruit varieties sweetened with concentrated grape or apple juice. There are also jams that are sweetened with honey, dehydrated cane juice, or unrefined cane sugar.

### **Caffeine**

Caffeine, like sugar and nicotine is an adrenal stimulant and can trigger a stress response in the body even when no major external stress is present. It raises the production of the adrenal hormone

cortisol, which causes the blood vessels to constrict and the heart to pump harder, leading to high blood pressure and anxiety.

It is found not just in coffee and tea, but also in chocolate and some soft drinks.

After eliminating caffeine from your diet you'll eventually feel more awake and have a more even energy level throughout the day than when you were drinking coffee and tea. A few weeks or months after quitting, most people come to realize that they feel much better without the coffee habit. Then most people can enjoy a cup of coffee on occasion when a boost is really needed, without triggering a recurrence of the craving that one feels when it is consumed regularly.

**These are additional foods I have personally found to cause almost immediate sweating.**

Any *hot* drink – but especially coffee and black tea

Salad dressings - Coleslaw/ketchup/mayonnaise/salad cream.

Chocolate

Very spicy foods (obvious ones being chillies)

Milk

eggs

Almost all heavily processed foods (packet meals, microwave meals, pastries cakes and biscuits) containing lots of preservatives

Bananas

Honey!

(I don't eat meat so I can't comment on the effects).

You may be thinking that leaving these foods out of your diet would be an impossible, not to say extremely undesirable, task but initially you may not have to. The whole point of my plan is to make small adjustments, a bit at a time. You should definitely try and avoid caffeine, sugar and cigarettes because doing so will give you an immediate improvement, but from then on it's a question of working with your body to discover for yourself which other foods you should leave out of your diet.

Each person has unique dietary needs and food intolerances and as well as steering clear from the ones that I list above, you will no doubt discover others yourself that trigger your sweating as you become more tuned in to the role that the foods we eat play in determining our health.

And remember, this program doesn't have to be totally restrictive – you can adopt it as much or as little as you want depending on your circumstances. If I want to stay as dry as possible, I avoid my trigger foods. That means that now and again I treat myself but I know I'm going to have to suffer for it! In my opinion, this is a far better solution than surgery!

However, if you notice no reduction in your Hyperhidrosis at all after making a few simple alterations to your diet, it may well be that a hidden food allergy is a contributing factor or cause.

For example, if your body cannot tolerate dairy products, whenever you eat some, your immune system must work hard to protect your tissues from the harmful effects of whichever components of dairy don't agree with your body. If your immune system is constantly at work to deal with such food intolerances, your sympathetic nervous system detects this as stress, and activates the mechanisms that are in place to help you during stressful situations, including the production of sweat.

I heard recently of a young lady who was delighted with the immediate improvement she experienced once she completely cut out all forms of dairy food from her diet.

If you suspect you may have a food allergy you will find a food allergy or intolerance test useful because randomly taking whole food groups out of your diet can leave you with an unbalanced diet that can cause other health problems. Additionally, you may become frustrated because you reach a point where you believe that everything you eat is causing a reaction. Seek the help of a nutritionist before making significant changes in your diet.

Now let's look at foods that may help reduce internal stress and so reduce your sweat...

## **Foods that reduce anxiety and don't over-stimulate the SNS**

I used to take so many vitamins that my friends said I rattled when I walked! The strange thing is that despite spending a small fortune on supplements and pills, I actually didn't feel any better - and I still had a sweat problem. Guess what? I don't take supplements any more.

There's no doubt that we need vitamins in our diet in order to function properly – and we even know which specific vitamins are needed for each particular job - but taking supplements is not the answer.

For a start, supplements can't be utilized by a body that is full of toxins and dehydrated – which most of us are. And secondly, nobody seems to be able to agree on what the safe levels are – how could they, we're all different and have individual needs and tolerances! The recommended daily amounts (RDA) seem to have been arrived at on the basis of animal experiments, guesswork and the minimum amounts required to prevent deficiency diseases in poorly-fed societies. As a result we have little knowledge as to the real optimum levels our bodies need – although we do know that some vitamins can be toxic in large quantities!

With this in mind, I decided it would be more sensible to ensure the diet is as free from processed food as possible (to allow nutrients to enter the bloodstream and be successfully absorbed) and to eat organic, natural foods that contain the nutrients the body needs. The following nutrients (and the foods that contain them) have been shown to support the body's nervous system. I try and make sure that my diet contains a good proportion of these foods – in their natural, unprocessed state. Remember our aim is to help the SNS cope with stress so that it no longer over-reacts .

## **B Vitamins**

The B-vitamins are often called the "stress" vitamins. When our bodies are forced to withstand the demands of physical or emotional stress, the B-vitamins and other key nutrients are the first to be depleted. The body not only needs specific nutrients to combat stress, but it must also replace the nutrients that stress directly uses up. Deficiency can cause fatigue and anxiety.

The B-vitamins are water-soluble and are not stored in the body. This means that they are needed on a daily basis in order for the body to maintain healthy levels.

## **Niacin**

As a member of the B vitamin family, niacin is required along with the other B vitamins when the body is coping with anxiety and panic. Niacin helps the body to release energy from carbohydrates, control blood sugar, and maintain proper nervous system function.

***Food Sources of niacin:*** Rice, brown, Lamb, Pomegranates, Tuna, Chicken, Turkey, Wheat

## **Pantothenic acid**

The body relies on pantothenic acid (also known as vitamin B5) to support the response to anxiety and panic. Pantothenic acid helps produce stress hormones during times of psychological difficulty (emotional upset, depression, anxiety), as well as during other types of strain, such as chronic fatigue and quitting smoking.

***Food Sources of pantothenic acid:*** Avocados, Salmon, Mushrooms, Sunflower seeds, Yogurt

## **Riboflavin (vitamin B<sub>2</sub>)**

Riboflavin is beneficial for anxiety and panic because it converts other B vitamins to useful forms so that they can do their work. In addition, since it aids in the production of infection-fighting immune cells, riboflavin helps bolster the immune system.

***Food Sources of riboflavin (vitamin B<sub>2</sub>):*** Avocados, Clams, fresh, Lamb, Duck, Mushrooms

## **Thiamin (vitamin B<sub>1</sub>)**

Thiamin is beneficial during anxiety and panic because it facilitates neurotransmitter synthesis, promotes healthy nerve function, and converts carbohydrates in foods into energy.

***Food Sources of thiamin (vitamin B<sub>1</sub>):*** Asparagus, Soy milk, Barley, Oats, Wheat, Sunflower seeds, Tuna, Brazil nuts, Salmon, fresh, Pasta, wheat, Rice, white, Avocados, Mussels

## **Vitamin B<sub>12</sub>**

Vitamin B12 helps the body to cope with anxiety and panic because it works in concert with other B vitamins. B12 supports the nervous system and assists the body in converting food into energy.

***Food Sources of vitamin B<sub>12</sub>:*** Beef, Tuna, Lamb, Oysters, Trout, Crab, Clams

### **Vitamin B<sub>6</sub>**

Vitamin B6 helps the body to manufacture brain chemicals (neurotransmitters), such as serotonin, essential for the body to cope with anxiety and panic. Vitamin B6 may also help boost the immune system during times of anxiety.

***Food Sources of vitamin B<sub>6</sub>:*** Sweet potatoes, Avocados, Bananas, Mangoes, Sunflower seeds, Tuna, Chick-peas, Salmon, Potatoes, Turkey, Chicken, Bok choy, Rice, brown, Barley

### **Magnesium**

Because of its nerve and muscle support, magnesium is thought to be helpful for nervousness and anxiety. Magnesium is considered the "anti-stress" mineral hence its effectiveness in our war against sweat.

Magnesium and its fellow macronutrient, calcium, act together to help regulate the body's nerve cells. In many nerve cells, magnesium serves as a chemical gate blocker - as long as there is enough magnesium around, calcium can't rush into the nerve cell and activate the nerve. This gate blocking by magnesium helps keep the nerve relaxed. If our diet provides us with too little magnesium, this gate blocking can fail and the nerve cell can become over-activated. When I discovered this I immediately thought of how this could well prevent the nerves of the SNS from become over-stimulated.

***Food Sources of magnesium:*** Pumpkin seeds, sunflower seeds, beans, spinach, soy beans, avocados, Quinoa, Almonds, Brazil nuts, barley

### **Calcium**

Calcium is needed for normal communication among nerve cells is therefore vital in supporting the body during anxiety and panic. Some research indicates that dietary calcium may help lower blood pressure, which can be raised during times of anxiety.

***Food Sources of calcium:*** Broccoli, Bok choy, Kale, Beans, Tofu, Soybeans, Salmon,

### **A super-food that contains everything you need...**

I'd like to share with you the one true super-food I use to ensure I get the anti-stress nutrients my body needs – without the need to buy expensive supplements that don't seem to work.

#### **Wheatgrass**

One of Nature's richest sources of Vitamins A and C, wheatgrass contains all the known minerals your body needs as well as **Calcium**, Iron, **Magnesium**, Phosphorous, Potassium, Sodium, Sulphur, Cobalt, and Zinc as well as all the Amino Acids, making it a complete protein. It is also rich in the **B Vitamins** – even vitamin B17, which is said to selectively destroy cancer cells without affecting normal cells.

I take a small glass of fresh wheatgrass juice every morning.

### **An Amazing Herbal Tea that WILL help you stop sweating**

In my opinion there is no doubting the power of some herbs in combating Hyperhidrosis but they will only be effective when used as part of a lifestyle change. You can't just start drinking herb teas and still put garbage into your body and expect to see changes. Herbs don't work that way, they work gently - with the body. Herbs are not, in themselves, a "quick fix" but when used in conjunction with improvements in diet, they will certainly help the process along. With this herb however, I guarantee you will see results very quickly!

#### **Sage**

I've found sage tea to be VERY effective for reducing excessive sweating. Herbalists suggest drinking a cup or two of sage tea daily to reduce sweat gland activity - especially true for those who perspire excessively due to tension.

Sage has a very long history of effective medicinal use and is an important domestic herbal remedy for disorders of the digestive system.

Sage has many talents...

- **It eliminates night sweats, cold sweats and hot flash sweats**

The effect is generally noticeable within two hours and can continue for a day or more from a single dose. Several studies show that Sage cuts perspiration by as much as 50 percent, with the effect peaking 2 hours after ingestion.

- **It calms irritated nerves**

Mineral-consolidating sage is rich in mellow calcium, calming magnesium, peppy potassium, sexy zinc, and anti-stress thiamine.

- **It relieves emotional swings**

Sweating doesn't remove toxins from the body, but it does remove minerals. When you sweat profusely, the mineral loss can cause dizziness, trembling, emotional swings and even joint pain. Sage not only stops sweating and the resulting mineral loss, its rich mineral reserves help you make up for previous depletion.

I've included information on sage in your bonus report but it's worth me putting the medical study into my own words for your benefit here too so that you've got it all in one place.

The treatment, tested by a group of researchers at the School of Medicine, Isfahan University of Medical Sciences in Iran, is a simple "tea" solution made from dried sage leaves and water.

In the medical study, thirty-five patients (18 men and 17 women, aged 8-49 years) who had been diagnosed with either palmar or plantar (hand or foot) hyperhidrosis were given the treatments three times a day for six weeks.

The solution was simply applied to the skin (they didn't drink it) where excessive sweating was a problem. After six weeks of this treatment the people in the study who received the tea experienced significantly more relief from their sweating than the people who were given a placebo.

In fact, the solution was shown to reduce sweating in the hands, feet and under arms by as much as 37%.

### **How to make the sage solution for external use:**

Use three spoonfuls of dried leaves mixed with 250 ml (8.5 ounces) of room temperature water and leave to steep for 24 to 48 hours.

After straining, the resulting solution can be applied to underarms, hands or feet. The researchers also suggest a further treatment for plantar hyperhidrosis which affects the soles of the feet. They recommend a dry powder of the herb, placed in the shoes. The powder can be made by grinding dried leaves with an electronic or hand mill.

The solution or powder should be applied to the problem area three times a day and the area should be completely dried before application.

### **How to make Sage Tea to control perspiration:**

Sage tea arrests sweating and is frequently used to help stop night sweats. The tea should not be boiled, just steeped and it is most effective served cold.

1 tablespoon **fresh sage leaves** or 1 teaspoon **dried sage**

1 cup **water**

1 wedge **lemon** (optional)

Bring water to a boil. Remove from heat and put sage in the water. Let steep for about 5-10 minutes.

Strain, pour in cup, add lemon, if desired, and drink. You may drink this hot or cold in small doses throughout the day. Enjoy!

### **Caution:**

Sage can be toxic when taken internally in *large* doses or when taken for extended periods as it contains relatively high levels of the toxic chemical, Thujone. Rest assured though - the toxic dose is very large. Heating Sage to make an infusion eliminates much of the chemical, so the risk from medicinal amounts is negligible.

There have been reports of inflammation of the lips and the lining of the mouth from ingestion of Sage tea. If either occurs, discontinue use.

Sage is to be avoided during pregnancy as it can stimulate uterine contractions. Do not use cold sage tea while nursing so as not to affect

the flow of milk.

DO NOT steep it for longer than 15 minutes because toxic chemicals in the herb will begin to steep out. That is why black or green tea, coffee (and anything else really) all have nasty effects when over-steeped.

DO NOT USE sagebrush / desert sage, (*Artemisia tridentata*) and DO NOT USE if you have a dry mouth or dry vaginal tissues.

**Grow your own sage:**

Sage is a perennial evergreen shrub that reaches about 3 feet in height. Its leaves are velvety with long stalks. Sage can be propagated from seeds or cuttings. Sow seeds ½ inch deep in spring. Sage grows well in almost any soil but requires good drainage and full sun. Harvest leaves before the flower buds open. Discard stems and stalks. Dry the leaves, then store them in airtight containers.

## **Principle 2**

### **Relaxing body and mind to reduce anxiety and stimulation of the SNS**

Nourishing your emotional, mental and spiritual self is as essential to your health and healing as proper nutrition. More than any bad dietary or lifestyle habit the number one cause of illness has to be stress and we know that more stress means more sweat!

Invariably people who enjoy the best health are those who have learned to manage the stress and emotional burdens in their lives. The aim here is to increase your body's ability to deal with stress so that your normal waking state is much calmer and more relaxed – and less likely to sweat.

Do you want to have more poise and remain in control in stressful situations? Do you want to have that lovely feeling of serenity and calmness throughout your day and the inner thought that 'nothing can bother you'? You will experience all this and more – to the extent that you're willing to practice the following exercises. The effects are cumulative – with time and practice you will develop a deep inner calmness and be far more able to cope with everyday stresses.

#### **The first way to reduce your anxiety levels is through deep breathing...**

Shallow breathing is *inefficient* due to the imbalance of Oxygen and Carbon Dioxide in the blood. It is so common and yet the effects are seldom appreciated: Racing heart, **anxiety**, inability to concentrate, diminished intellectual and physical performance, disturbed sleep and of course... **emotional sweating**.

By contrast, **deep breathing** ensures that your emotional, physical and intellectual well-being is enhanced as it allows optimum exchange of gases.

This is the reason health systems such as yoga and martial arts focus so much attention on healthy breathing. Practicing deep breathing exercises can reduce the stimulation of your sympathetic nervous system, which is often the cause of the excessive sweating that can occur when you are feeling anxious.

The benefits of deep breathing include increased oxygen supply to the brain and musculature and stimulation of the **parasympathetic** nervous system.

Unlike the **Sympathetic** branch of your autonomic nervous system the parasympathetic promotes a state of **calmness**.

### **Breathing Technique 1**

This method of deep breathing, using the whole thoracic cavity, is presented in three easy steps. Start with the first step, until you've mastered it, then progress to the next step. Once you have reached the third step, you will have learned the Calming Deep Breath Technique.

Once steps 1 and 2 are learned, step 3 is the exercise that you will use daily for ten minutes to calm your nervous system.

#### **Step One**

This step uses the diaphragm to fill the lower part of the lungs. Lie flat on your back and breathe in so that your stomach rises but you're chest stays still. Exhale with the chest still and the stomach falling. If you put your hand on your belly you should feel it rise and fall with each breath. Repeat for 10 breaths.

#### **Step Two**

This step uses the muscles in between the ribs to expand the chest cavity and fill the top portion of the lungs. This time breathe in so that your chest rises, while your stomach is still. Exhale so that your chest goes down again, while your stomach remains still. Repeat for 10 breaths.

#### **Step 3**

Now that you've mastered these first two stages, step 3 brings them both together into one breath.

Begin by stomach breathing. When you feel you can't inhale any more in this manner, switch to chest breathing, until the upper part of your lungs are filled. Then exhale by chest breathing first, progressing to stomach breathing so that you empty the lungs fully. Continue breathing like this for 5 minutes.

### **Breathing Technique 2.**

Place one hand on your abdomen and the other on your chest. Breathe slowly and deeply through your nose. Be aware of the muscles in your abdomen wall pushing outward as you inhale. Inhale one count, hold four counts, exhale two counts. So if you inhaled for four seconds, you'd hold for sixteen and exhale for eight.

Start by filling the lower part of your lungs first and feel the diaphragm move downwards. When you exhale, feel the diaphragm move up.

When you are holding the breath for the four counts, your cells are becoming fully oxygenated. There is no vitamin pill or dietary supplement that can give the same wonderful benefits as correct breathing.

### **The second way to reduce your anxiety levels is through Deep Relaxation...**

This is a way of reducing your stress triggers before they even have a chance to affect you by addressing the emotional issues that underlie them.

Deep relaxation is very easy to learn and only requires 10 minutes practice twice each day but the benefits to your overall health are amazing. Every time you carry out these exercises you will teach your body how to relax – something that it has no-doubt forgotten in this busy world of ours!

I use the following script which is common to many self-hypnosis type programs. If you think you'll have problems remembering the instructions you could try reading them into a tape recorder and playing them back to yourself whilst you relax. Alternatively, you could buy one of the many 'relaxation' tapes on the market. There are literally hundreds and they all follow more or less the same format. If you read through the following instructions though you'll see that there's nothing complicated, it's just a case of focusing on each body part in turn and feeling it relax.

To begin, isolate yourself where you will not be disturbed. Choose a time when there is as little noise as possible – I find one session first thing in the morning and another last thing at night to be particularly beneficial. If you can squeeze one in at lunchtime too the effects will be even more apparent.

Make sure there are no tasks that require your immediate attention after the session or you will find yourself preoccupied. Initially, you may find it helpful if you can arrange to be quiet and relaxed for an hour or so prior to the session but with practice such preparations won't be required.

Make yourself comfortable on your bed, lying on your back – a small cushion in the small of the back or behind the knees can be used if required – with your arms by your sides, not touching your body.

Rest comfortably looking at the ceiling. Don't stare hard but 'gaze' at one spot. Close your eyes if it becomes an effort to keep them open but don't try and force anything – just relax, let go. The object of this resting is to quietly and gently let your mind and body gradually slow down of their own accord – you can't force this. Just let go.

If your mind starts racing off, working out problems or thinking of things you have to do just gently bring your attention to your breathing. And let go.

After a short while you will start to become more aware of tiredness throughout your body of which you were not conscious before. You will start to feel these sensations of tiredness specifically located in various muscles in the arms, legs, back, shoulders and feet. The body is letting go. The next step is to mentally 'feel' these parts of the body in turn.

First direct your attention to your feet. Feel your feet with your mind. Feel the soles of the feet, the toes and the tops of the feet. Feel your feet relax. Feel the skin relax. Feel the bones relax. Feel the cells relax.

After a brief pause (you will probably feel some sort of tingling sensation in your feet as you imagine them) move your attention to your calves. Feel your calves relax. Feel the skin relax. Feel the bones relax. Feel the muscles relax. Feel the cells relax.

After a brief pause move your attention up to your thighs and so on through the various parts of your body – stomach, back, shoulders, arms/hands, neck, head, face – lips, mouth, tongue etc.

With practice you'll find that you get better and better at directing your attention to the various parts of your body and you will find yourself being able to relax much more deeply and quickly. The effects are cumulative and the quality of relaxation will continue to improve.

Eventually you will find that you can quickly put yourself into a very relaxed state even when you're not lying down – your body will be so used to relaxing - and this is a very healthy skill to have!

There are other ways of achieving deep relaxation of course and hugely successful businesses have been built by selling them. One of the best I've found is meditation. It is beyond the scope of this book to explain how to do this and there are many different methods but teachers are available in every city throughout the world. It really is worthwhile and makes a very subtle yet massively powerful difference to your whole life – especially in terms of coping with stress.

### **The third way to reduce anxiety and stress is through exercise...**

Exercise is one of the most important coping mechanisms to combat anxiety and stress and the fitter you get, the less you will sweat throughout your day because your body won't have to work so hard and therefore won't need cooling down. By discharging negative emotions and stress hormones through physical activity, you can enter a more relaxed state from which to deal with the issues and conflicts that are causing your anxiety.

The benefits come in many ways: the sheer distraction from your worries, the effects on self-image, and the biochemical and physiological changes that accompany the exercise.

Exercise increases blood flow to the brain, releases hormones, stimulates the nervous system, and increases levels of morphine-like substances found in the body (such as beta-endorphin) that can have a positive effect on mood and pain.

Physical fitness is linked to personal effectiveness and success in every way. The results are almost instantaneous and noticeable in every area of your existence – not just physical health or reduced anxiety. Remember that a significant contributor to excessive sweating is stress, and our bodies undergo tremendous stress, even during normal activities when they are unfit. This is apparent every time you see someone struggling to get up some steps or run for a bus – if they're unfit, they will sweat because of the stress inflicted on their body.

Let me try and convince you that exercise should play a part in your life...

#### **Exercise increases your energy levels**

This is because it causes an increase in the number of *mitochondria* (tiny energy-producing organelles) in your cells. In numerous studies and surveys, people who exercise regularly have been found to have higher energy levels and significantly less tension and stress than they had before they started exercising.

#### **Exercise helps you beat stress**

Studies have shown that definite psychological changes take place in people who undertake regular exercise. They seem to find it easier to accomplish their daily tasks and become more effective in achieving their potential in all areas of their lives. Participants in exercise studies

have been found to be more emotionally stable, better able to cope with stress and much more self sufficient and confident. This is precisely why large corporations around the world continuously fund programs of exercise for their executives. It is also one of the reasons why I say it is a necessary part of the success of this very program.

### **Exercise makes you feel *sooo* good!**

Exercise enhances the production of **Nor adrenaline**, a hormone found to be responsible to lift your mood and combat sensations of fatigue and depression giving a much more balanced emotional state. This accounts for the fact that so many emotional disorders have been successfully treated with exercise.

Even moderate exercise can raise levels of brain chemicals such as endorphins and improve a person's mood. One such substance is phenylethylamine, or PEA, a natural stimulant produced by the body. It is related to amphetamines but does not have the long-lasting effects that make "speed" or "ice" such deadly drugs. Researchers now argue that this increase in PEA causes the euphoric mood often called "runners' high." And because depressed people tend to have low PEA levels, the researchers say this is an explanation of why exercise has a natural antidepressant action. It is hoped this information might give doctors more confidence in prescribing exercise for mild depression and as an adjunct to drug therapy.

And let's face it, when you feel good about yourself it is much easier to leave behind bad habits and leave out foods that will sabotage your success. You simply become hooked on feeling good.

### **Exercise burns fat**

Studies in both animals and people have shown time and time again that exercise helps burn fat and make you lean. In some studies, *Overweight, inactive* individuals actually seemed to eat **fewer** calories than their *more active, slimmer* counter parts.

Other studies have shown that regular exercise on its own, *even without reducing food intake*, can cause a **reduction in body fat**. This shows that eating more will not necessarily make you overweight – but being **inactive** almost certainly will.

The benefits of exercise don't stop when you leave the gym or get off your bike. Studies have shown that after 30 minutes of exercise you will continue to burn calories throughout the day at a faster rate than normal because the exercise speeds up your RESTING metabolism. That means you not only burn extra calories during the exercise, you burn extra calories when you rest as well!

So there you have it. Now you know why you simply **have** to start exercising!

## Extra Treatments

### 1) Sage Tablets

I've been sent a few emails asking about taking sage in an easier form – i.e. tablets and this is definitely a worthwhile option.

I can't vouch for the effectiveness of them but I include an email extract from a one of my customers...

***“The sage tablets my parter currently takes are A Vogel (Bioforce) Menosan Sage tablets containing extract of organically grown fresh Salvia officinalis (Sage) leaves. Each 250 mg tablet contains the equivalent of 1,000mg Menosan tincture.***

***My partner takes two of these a day (am and pm)but if he feels that less is required (for example if the weather cools down a bit) he will take just one in the evening.***

***I can't say if these tablets are better than others as this is the first brand that he has tried but they have made a considerable difference to him. I have purchased another brand (as a standby as I can't always get the above from my regular health shop) so it will be interesting to see if there is any difference.”***

So there you have it... if they work for some, they might well work for you too. I did a search on Google for sage tablets and it brought up thousands of companies all over the world so you shouldn't have trouble getting hold of them.

### 2) Traditional Chinese Medicine

I think I can honestly say I've tried most alternative and complimentary therapies on offer and without doubt, the treatment that has had the most positive effect on my Hyperhidrosis is Traditional Chinese Medicine (TCM).

I like the logic of Traditional Chinese Medicine (TCM) – and the fact that it has been around for thousands of years. It must have something going for it!

In Chinese medicine how one sweats is a key factor in identifying disharmony within the body. Sweat is considered a fundamental substance in Chinese medical text and is studied in-depth.

I was diagnosed as having 'Stomach Yin Deficiency', the symptoms for which include 'dripping with sweat accompanied by lassitude, shallow/rapid breathing, cold extremities and feeble/stringy pulse.' (And I thought I was healthy!!!).

Interestingly, these symptoms correspond with the Western view of a highly stressed-out, exhausted nervous system which is exactly what my own system aims to address! Anyway, we're all different and can only be effectively diagnosed in person by a professional. Sweating is a symptom for many different patterns of disharmony within the body and TCM aims to treat each individual uniquely depending on their pattern and symptoms.

Your acupuncturist may do an interview and ask questions about how, what, where and when you perspire, sleep, eat, drink and exercise, to name a few. The practitioner may also feel the pulse and observe the tongue. This interview and physical examination will help create a clear picture on which your practitioner can create a treatment plan specifically for you.

### **3) A Simple but very effective treatment for underarm sweating.**

I was sent this a few weeks ago by a friend who has terribly sweaty armpits. He said it worked for him so I thought I'd pass it on...

The theory behind this very effective treatment is simply to allow your pores to breathe by unclogging them. You do this by NOT using soap when you wash under your arms (soap blocks the pores and interferes with the natural cleansing process of the skin), and using a mild abrasive such as a loofa or rough cloth to thoroughly scrub the area clean.

That's basically all there is to it. Don't put any deodorants or anti-perspirants on either, particularly not the powdery ones – they will just clog your pores up again stopping the skin from breathing. The active ingredient in antiperspirants works by forming very shallow plugs in

the sweat ducts, just below the skin surface. These plugs form a barrier so sweat cannot come out of that duct. Consequently, they also stop your skin from breathing naturally which it needs to do. The blockages lead to bacteria forming which lead to odor.

#### **4) 'Emergency' treatment**

Whenever I've got a meeting or other 'high-pressure' event on, I make sure I put the following 'quick-result' plan into operation:

You already know most of these treatments but you also know, having read this far that some treatments take longer than others to cause the necessary changes in your nervous system to reduce your sweating. The following treatments are the fast-acting ones...

- i) Cold bath or shower for ten minutes. (This is a personal favorite method for toning up the nervous system. You feel wonderful when you get dry!
- ii) Total avoidance of all trigger foods
- iii) No Sweat tea (or sage tea)
- iv) Dose of Vitamin B complex tablets. I don't normally take vitamin tablets any more but if I know I'm going to be under pressure I will 'up' my intake.
- v) Shot of Wheatgrass. This stuff is awesome – it affects your whole body for the better!
- vi) Ten minute deep breathing and relaxation session
- vii) Twenty minutes meditation

#### **5) The best 'Dry Grip' treatment I've found.**

Before I hurt my knee I used to love rock climbing but my wet hands caused me tremendous problems. As you can imagine, climbing is quite a nerve-wracking sport and the more nervous I was, the more my hands would sweat! I searched long and hard for this product and use it in any circumstances when I need a dry grip. It's easy to apply, lasts hours and isn't messy. You can buy it at the link below...(I'm not affiliated to them).

**<http://www.bodybuilding.com/store/xf/chalk.html>**

There's also another product I stumbled across yesterday – it's a strong spray that works on hands or feet – mainly aimed at people engaged in sports. I haven't tried it and it's not natural at all but I thought it may help some of you.

**<http://www.udemandports.com/hyperhidrosis.htm>**

## **6) No Sweat Tea**

The following ingredients, when made into an infusion, usually begin to reduce sweating in two hrs.

The formula is as follows: Bring 4 cups of water to a boil then add 1tsp. dried stinging nettle, 2 tsp. of dried sage leaves, 2 or 3 lemon Balm leaves. Cover, remove from heat and steep for around 6 minutes.

### **Health Benefits of Nettle:**

Cleanses the blood

High in vitamins A and C

Improves liver and kidney functions

Eases coughs and other respiratory problems

Relieves diarrhea and constipation

### **Health Benefits of Lemon Balm:**

Lifts the spirits

Relieves stomach disorders

Relaxes the nerves

## **7) Methods for Controlling Odor**

There are a number of factors that contribute to body or foot odor. And in order to better understand where odor comes from, it helps to know a little bit more about sweat glands.

We have two different types of sweat glands: the eccrine glands and the apocrine glands. Eccrine sweat glands are found in large numbers on the soles of the feet, the palms, the forehead, the cheeks, and in the armpits. These glands produce large volumes of watery, odorless sweat. Hyperhidrosis, or excessive sweating, affects these glands.

Apocrine glands are different. They are found in the armpits and genital region. They produce a thick, usually invisible fluid and when this fluid comes in contact with bacteria on the skin's surface, it produces a characteristic potent smell.

Interestingly, people who suffer from true hyperhidrosis, or excessive sweating, often do not have problems with body odor. This is because the large volume of sweat that their bodies produce comes from their

eccrine glands and that sweat tends to wash away bacteria and apocrine sweat.

If you are experiencing severe foot odor, it may be caused by an overgrowth of a certain type of bacteria. This bacteria particularly likes the warm, moist environment of the feet so to solve this problem, both the bacteria and the moisture must be stopped or minimized.

To control moisture, change your shoes and socks frequently and use powders or antiperspirants if you find the natural treatments don't work for you.

To help control the bacteria, wash with an antibacterial soap, and discard any damp shoes or socks. Additionally, it may be necessary that you see a dermatologist or podiatrist who may prescribe a topical or oral antibiotic.

Whenever possible you should air your feet and allow them chance to breathe and dry naturally – don't keep them trapped in restrictive footwear all day.

You could also try the following deodorizing aromatherapy foot wash: Blend two ounces of water, ten drops of lemon essential oil and the juice of one lemon, then wipe your feet thoroughly.

Or you could even try the tea soak (mentioned later – home remedy). The tannic acid in tea eliminates odor. Simply boil a few tea bags in a pint of water for 15 minutes, then pour the hot brew into a basin filled with two quarts of cool water. soak for 30 minutes every day for a week.

## **8) Methods for removing Sweat Stains**

How many shirts have you ruined with sweat stains? The only solution you have is to buy a new one – and then that gets ruined too! Here are a few practical tips to solve your sweat stain problem instead...

The first thing to understand is that it's not the sweat that damages the material – it's the stuff you put on the sweat – the antiperspirant. Antiperspirants are very acidic and it's that acidity that causes the colors on your clothes to shift. Antiperspirant products that come in roll-on or gel forms tend to cause the most severe staining because they're watery and therefore get onto clothing more easily, leading to more color changes in the fabric.

The best way to prevent antiperspirants from transferring onto clothes and from potential staining is to avoid using them altogether and instead use the natural treatment for underarm sweat as mentioned above. If you feel you can't live without antiperspirant then you need to apply just a thin layer to your underarms and to allow it to dry thoroughly before donning clothing.

We're always tempted to spread our antiperspirants on thickly - thinking that more antiperspirant equals drier armpits but this isn't true - it just leads to more of the sticky stuff getting on your clothes.

### **Washing stains out:**

Always rinse the affected area of the garment with **cold** water before you wash it because this is the best way of removing the acidity of antiperspirants which causes the staining. Warm or hot water can cause a chemical reaction that binds the stain to the fabric. And stain remover can make the situation even worse. Keep it simple. Just rinse with cold water, then launder the garment as usual. The one exception is dry-clean-only items. Let the dry cleaner take care of them. They usually know how.

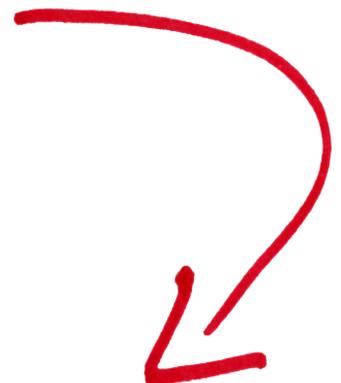
You may have heard that rinsing the underarm area of your shirts with hydrogen peroxide can help remove sweat stains but believe me, it doesn't work as well as plain cold water. Besides, water is cheaper and easier to use.

### **9) Another home remedy for sweaty hands and feet:**

Boil five tea bags in a quart of water for five minutes. When the solution cools, soak your hands or feet for twenty to thirty minutes nightly. Tea contains tannic acid, which is an astringent and is also found in some commercial antiperspirant products.

### **Finally...**

I hope you've enjoyed reading this manual and will strive to put at least some of the principles into action in your own life.



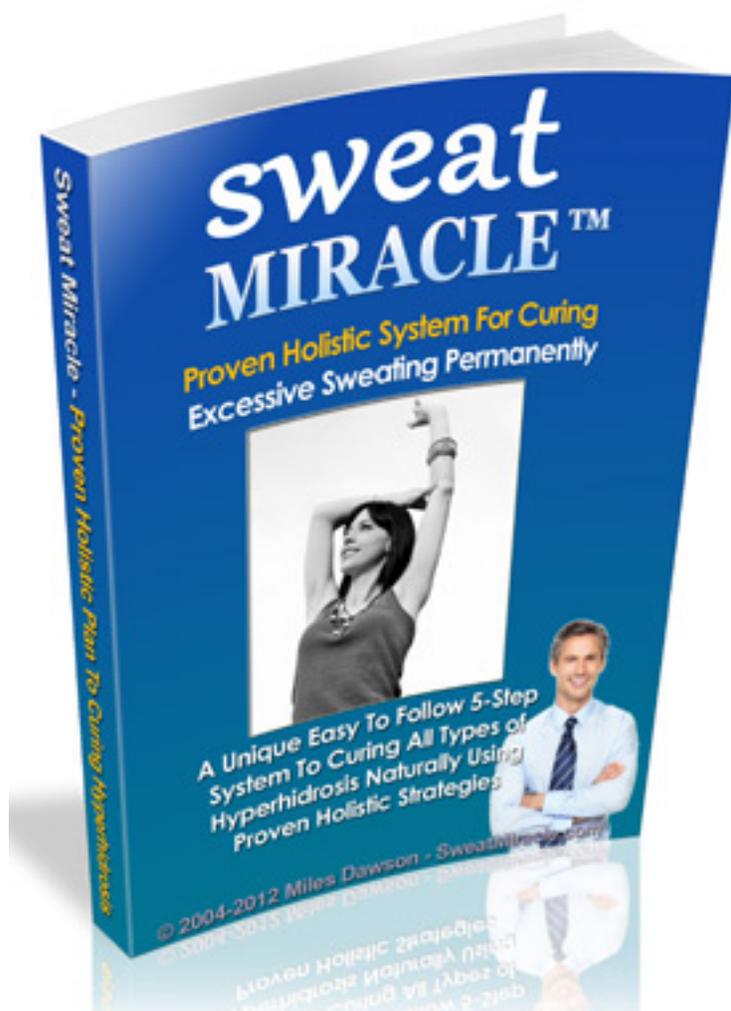
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