



***STOP SWEATING
AND START LIVING!***

STOP
MY SWEATING

**Discover An Amazingly Simple
Method To Combat Sweat In less Than
Two Weeks.... 100% Guaranteed!**

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Introduction

The term “sweat” refers to a colorless acidic excretion having a stinky and distinct odor. The tubular sudoriferous glands or, more commonly, the “sweat” glands, help in the excretion of sweat. The sweat glands release the sweat through the delicate and small pores on your body. Mineral salt such as sodium chloride, toxic substances such as copper, zinc, mercury, and fatty acids form the essential components of sweat.

Sweating is referred to as a condition when the bodily fluid is excreted through the skin pores. A rise in the body temperature due to any kind of physical movement makes you sweat more.

When there is a rise in the body temperature, your brain transfers signals to the sweat gland for activating the procedure of cooling down your body. The sweat glands immediately start to excrete the bodily fluid through the delicate pores on your body. Sweat, after reaching your body surface, evaporates. This helps your body to cool down.

Sweat isn't only an excretion of your bodily fluid; it also includes certain minerals (for example potassium, copper, mercury, zinc) and sodium chloride excreted by the body. Individuals dwelling in hot countries consume more salt compared to those living in cold countries in order to keep the level of salt content in their bodies balanced.

Sweating on scalp, face, neck and forehead immediately after ingesting the food is termed as “gustatory sweating.” Gustatory sweating is usually experienced after eating spicy, hot and oily food. It is because these food items play a vital role in stimulating the function of the sweat glands.

This e-book aims in helping you to lower your sweat production without going in for any sort of surgery or expensive and perilous treatments. Several pages have been devoted to the various techniques that help in combating hyperhidrosis.

It is hoped that by implementing the techniques mentioned here, you will be able to monitor hyperhidrosis naturally. You may adopt the techniques included in this book and reap the benefits of cutting down your sweat production naturally. With time, you will get to see that you can actually put a stop to the sweating process.

This book includes ways to deal with the severe medical condition “Hyperhidrosis” that leads to excessive and abnormal sweating. However friends, if you are suffering from “Hyperhidrosis” there is nothing to get worried about because the best possible techniques have been discussed in detail here which would surely help in cutting down your sweat production.

It is a known fact that too much sweating is uncomfortable, embarrassing, disabling and, above all, anxiety inducing. It may occur during any time, even if you are completely relaxed. It may disrupt every aspect of your life from relationships to career choices to self-image and recreational activities.

As you go through this book, you will get to see the various treatment programs that are effective in controlling and lowering your sweat production. So friends, what are you waiting for, go through the pages of this book and become familiar with the various treatment plans!

Hyperhidrosis

A severe medical condition causing excessive and abnormal sweating is called Hyperhidrosis. The underarms, feet and palms are usually affected. But your body and face can also be affected as well. You are not the only one suffering from this condition, for people of any age group irrespective of the gender can be affected. The majority of Americans are affected by Hyperhidrosis.

Two main types of Hyperhidrosis are:

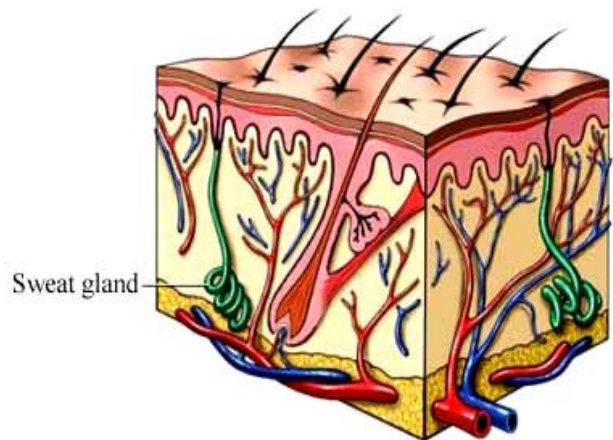
Primary Hyperhidrosis

The armpits (axillary Hyperhidrosis), the hands (palmer Hyperhidrosis), and the feet (plantar Hyperhidrosis) can be affected by Primary Hyperhidrosis. This treatment program mainly focuses on Primary Hyperhidrosis.

Secondary Hyperhidrosis

The whole body can be affected by Secondary Hyperhidrosis. The underlying conditions that can cause Secondary Hyperhidrosis are:

- Hyperthyroidism
- Menopause
- Diabetes
- Auto-immune disorders
- Obesity
- Infections
- Malignancy
- Psychiatric disorders



Secondary Hyperhidrosis can be controlled by treating these underlying conditions. For this purpose, a careful physical examination of the patient is required, and the history of the disease should be noted down.



Hyperhidrosis and its Symptoms

The palmer Hyperhidrosis patients have moist and wet hands. The wet hand hinders the patient from holding objects. This condition is also socially unpleasant. Every time a person shakes hands with another person, the other person's palm becomes wet, and this is really an embarrassing situation.

The axillary Hyperhidrosis patients sweat profusely at their underarms. This causes their clothes to stain just after they have dressed. Again this situation is socially a problem and is unpleasant.

People suffering from Plantar Hyperhidrosis sweat excessively from their feet. This leads to wet shoes and socks and in turn it also gives rise to foot odor. During summer, sliding and slipping out of the shoes becomes a regular problem, and it is really difficult to control this condition. Thus this situation is very uncomfortable.

BIOLOGY BEHIND SWEATING

If your wish is to stop sweating completely, first you should understand the physiology of sweating. Sweating is an essential and normal function of the body. Sweating helps in cooling and lubricating the skin. Those areas of skin which come into frequent contact with other skin areas, like armpit, groin, etc. require much more lubrication as compared to other areas where minimum or no friction occurs.

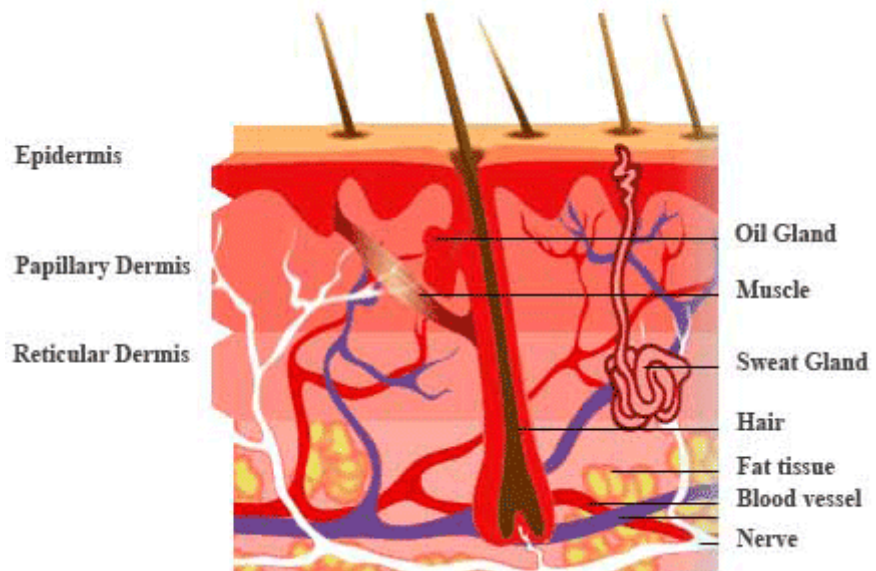
These are the regions which generally sweat the most. The different toxins that enter a body are also eliminated by sweating. If you are suffering from Hyperhidrosis, you can certainly control your excessive sweating. Sweating, being a natural phenomenon, cannot and should not be stopped.

Sweat glands are found deep in the skin layers, and these glands filter the salts and fluid out of your blood. The sweat that is produced in this process is excreted through the small tubes within skin (called sweat ducts) and is released through the tiny pores at the surface.

Two regions which have the maximum number of sweat glands are the soles and palms.

Increase in body temperature, as well as certain emotional changes, cause sweating. When body temperature increases your brain informs the body that it should sweat in order to cool off so that an optimum internal temperature can be maintained. Sweating also occurs when responding to emotional factors like stress, anxiety, etc.

The SNS (Sympathetic Nervous System) controls the function of sweat glands. There are certain situations such as going out for your first date, facing an interview, or meeting an annoyed boss, when people get highly stressed and start sweating profusely.



In all these stressful situations the Sympathetic Nervous System takes over what is commonly referred to as 'fight or flight response.' For reacting to excitement, psychological stress, or danger, the large muscles, heart, and lungs receive the maximum amount of blood sent by the SNS.

This gives you endurance and strength for handling situations successfully. The increased body temperature associated with 'fight or flight' situations is also sensed by the SNS. The sweat glands then receive a signal sent by the SNS to secrete sweat in order to cool the body.

This implies that the process of sweating is involuntary in nature. No one can consciously control it. Clapping the hands, chewing and lifting the arm are voluntary processes. It means that you have an option whether you would do it or not. But sweating, jerking the hand away when you touch a hot oven, and breathing are involuntary actions. They are just beyond human control.

But you should not be disheartened by the point mentioned above which says that sweating is involuntary. It is true that you can not cease the body from sweating but you may certainly alter the triggers and conditions that cause sweating so that you may sweat normally and not excessively. If you are suffering from Hyperhidrosis you may still be successful in controlling your excessive sweating.

CAUSES BEHIND HYPERHIDROSIS

Finding out the root cause of any ailment is of prime importance as far as the treatment of the disease is concerned, and Hyperhidrosis is no exception.

Researchers are doubtful about the reasons that cause Hyperhidrosis. It is said that excessive sweating occurs if the SNS becomes overactive.

Some hereditary component also gives rise to this condition, because many Hyperhidrosis patients claim that they have a family member with this condition.

So other than hereditary factors (which you cannot do much about), you should know about the other reason as well—hyperactivity of SNS.

Though the real cause of this condition is still not known, it is known that the SNS or the sympathetic nervous system controls the body's normal sweating process.

Therefore it can be concluded that when you sweat profusely the sympathetic nervous system must be making a great effort or undergoing maximum stimulation. Many doctors assume that overstimulation causes acetylcholine, a neurotransmitter, to be produced in large amounts. If large amounts of acetylcholine are present near the sweat glands, then the sweat glands become stimulated to secrete a large quantity of fluid.

It is sensible enough to assume that for controlling or reducing excessive sweating, all you need to do is to decrease the substances and activities that might over-stimulate the SNS.

THE CAUSES BEHIND SWEATING

The atmospheric oxygen entering your body goes through a chemical reaction with the digestive process of the body. Oxygen helps the body to burn the foods, and this chemical reaction produces CO_2 , heat energy, and water vapor.

The heat energy provides fuel to your body to perform the essential functions, and it also stimulates the sweat glands. The excess amount of body fluid is released outside through the pores. During the process of sweating, a large quantity of water is also released.

Let us now look at the causes of sweating. Several factors are responsible for sweating. These factors also affect the odor of your sweat. Sometimes medical conditions are also responsible for sweating.

Profuse sweating is caused by the factors mentioned below:

- Extreme weather conditions
- Medical conditions like Hyperthyroidism
- Genetic traits
- Manual labor
- High stress level
- Excessive exercise
- Obesity
- Menopause
- Extreme physical conditions
- Reaction to some medicines
- Spicy foods
- Alcoholic drinks

Heredity—The palms and feet of some people sweat excessively. This tendency is inherited from the ancestors or parents.

Particular beverages and foods—Drinking some hot beverages stimulates the sweat glands. Drinks having a high quantity of caffeine and alcoholic drinks also produce extra sweat. Oily and spicy foods also produce similar results.

Certain drugs—Analgesic drugs like aspirin and acetaminophen cause excessive sweating if taken in large doses.

Some other factors responsible for profuse sweating are mentioned below:

- Mental stress
- Anxiety
- Embarrassment
- Sudden fear
- Nervous disposition

EFFECTS OF EXCESSIVE SWEATING

Sweating is a normal and essential function of your body. Therefore, sweating is good for maintaining a proper health. Sweating is a detoxifier and garbage collector, and so it works for the benefit of your body.

Sweating is an important biological procedure for accomplishing the following bodily functions:

- Sweating eliminates the liquid wastes of the body.
- The normal body temperature is maintained by the body.
- The outer surface of the body is kept clean and fresh by sweating.
- Sweating excretes lactic acid that causes muscle cramps.
- Toxic substances like lead, mercury, and copper are removed.
- The excess salt of the body is also removed.

Hyperhidrosis

The disease of excessive sweating is called Hyperhidrosis. The general effects of excessive sweating are mentioned below -

- Dry mouth
- Dizziness
- Dryness of skin
- Dehydration
- Vasodilatation
- Insomnia Headache
- Constipation
- Skin diseases

Facial Flushing

An important effect of profuse sweating is facial flushing. Some individual's faces sweat excessively due to internal complications. The faces become red. This condition makes people embarrassed in social events, therefore they try to escape these social gatherings.



Axillary Hyperhidrosis

Axillary Hyperhidrosis is observed on surface when armpits of your body sweat profusely. This makes people annoyed and embarrassed.

Palmar Hyperhidrosis

Palmar Hyperhidrosis occurs when the hands sweat excessively. The hands of the individuals become cold and wet. The effect of Palmar Hyperhidrosis is both physical and psychological in nature.

Dehydration

Hyperhidrosis also gives rise to dehydration. Therefore to get rid of dehydration you should intake more water.

People suffering from dehydration can have the following symptoms:

- Faintness
- Nausea
- Pale complexion
- Hot and dry skin
- Rapid heartbeat
- Sleepiness
- Heatstroke

CONVENTIONAL TREATMENT

An entirely different approach is taken by the conventional treatments from the other forms of treatment. They insist on blocking nerve impulses that are transmitted to sweat glands, decreasing the quantity of acetylcholine, blocking sweat ducts, or destroying sweat glands so that sweat does not reach the skin.

1. Anti-perspirants

Anti-perspirants work by making the sweat thick and thereby blocking the sweat ducts, so that the sweat reaching the skin gets reduced. This is the first line of treatment for treating Hyperhidrosis. You can get antiperspirants by doctor's prescription or over-the-counter.



In case of excessive underarm sweating, a 10% to 15% concentration of Aluminum chloride hexahydrate is recommended.

Around 30% concentrations are needed for your feet or hands.

In case of facial sweating, antiperspirants can also be tried. But as skin irritation may occur; you should consult your doctor prior to the application of the antiperspirants to the tender area. The doctor will recommend which active ingredient or antiperspirants might be suitable for a sensitive skin or the face.

PROBLEMS RELATED TO ANTI-PERSPIRANTS

One important disadvantage related to anti-perspirants is the tendency to cause skin irritation. This is because the anti-perspirants contain a mixture of many chemicals. Manufacturers often recommend that your skin should be dry before the application of antiperspirant. Then wash it after 6-8 hrs for minimizing the chances of skin irritation.

It was also found out that few deodorants do not affect the skin to cause soreness and itching. Nevertheless, you should use them carefully.

Another problem that arises is that they are to be frequently reapplied, otherwise the duct clumps would be dissolved, and it would unblock the ducts and allow sweating.

The next problem is the unnatural blocking of sweat ducts. The process of sweating is essential and must never be blocked by any artificial means. So it is quite obvious that when sweat is unable to come out through the blocked ducts, then it would migrate to some other body parts.

Lastly, the aluminum content of the antiperspirants could build up inside your body if you use it for a very long time. This has a link with Alzheimer's disease.

Antiperspirants are just the 'sticking-plaster' solution of sweating. Therefore anything containing toxic ingredients is bound to give trouble. You can use it for temporary and emergency purpose, but the main cause of sweating is not addressed by them. It is better not to apply them on the face.

2. Iontophoresis

In this treatment, electric current is made to pass through your skin so that it disrupts the action of sweat glands, and as a result they stop producing sweat. This electric current 'shocks' your sweat glands and they are not able to produce sweat until they are recovered.

If Iontophoresis is used rightly and adjusted to the individual situations, then Iontophoresis can prove to be quite successful for sweaty feet and palms. Machines are also available for using at home.



PROBLEMS RELATED TO IONTOPHORESIS

The most important drawback is its high initial cost. This treatment cannot be used for other body parts like the underarms.

The affected areas might get dry and then crack. This dryness can be minimized by reducing the frequency of treatments provided to the patient. Any risk of getting electric

shock is not there, as a very small amount of current is used. But patients often report that they feel a mild pain and tingling sensation in the initial phase of the treatments.

The method of working is by immersing the affected body part in water. This implies that this method can be only used for feet and hands, and not the underarms or faces. You should also consider the time required for this treatment and keep in mind that this treatment should be continued for an indefinite period. An Iontophoresis treatment requires a minimum of 20 minutes daily, and this might not be possible for every patient.

3. Oral medication

The concept behind the oral medications like anticholinergics is that they restrict acetylcholine (a neurotransmitter) from making the sweat glands stimulate. The other medications which are effective on Hyperhidrosis are some tranquilizers, antihistamines, and antidepressants.

PROBLEMS RELATED TO ORAL MEDICATION

For a long-term solution to sweating, doctors do not recommend the oral medications due to their side effects. Some possible side effects of the oral medication like anticholinergics are mentioned below:

- Coordination gets lost.
- The mucus production gets reduced, which leads to sore and dry throat.
- Stops perspiration; thermal dissipation gets increased through your skin, which leads to hot and red skin.
- Body temperature gets increased.
- Pupils become dilated, which makes them sensitive to bright light.
- Blurred vision and Double vision.
- Heart rate is increased.
- Diminished urinary retention and bowel movement.
- Confusion.
- Disorientation.
- Short-term loss of memory.
- Concentration problems.
- Heart Palpitations.



4. Botox

'Botulinum Toxin Type A' was approved by the FDA for treating excessive sweating of the underarms (axillary Hyperhidrosis). This drug is injected into your skin and then it acts by blocking the acetylcholine temporarily. 15 to 20 areas of the underarms are injected with 'Botulinum Toxin Type A'. After these injections, sweating is soon reduced.

PROBLEMS RELATED TO BOTOX

These injections are expensive and painful. As this treatment is repeated every four to six months, the cost is substantial. This treatment is quite suitable for the underarm sweating, but as far as the other body parts are concerned, patients refuse to receive so many injections in the face and hands.

Your hand muscles can be temporarily paralyzed by using Botox.

The biggest drawback of Botox is that it cannot treat Hyperhidrosis. The symptoms of Hyperhidrosis relapses, so regular injections are needed for maintaining dryness of the skin. The intervals of using these injections might vary from 7 to 16 months.

5. SURGERY

The process of surgically treating severe Hyperhidrosis is known as endoscopic thoracic sympathectomy (ETS). In this process the 'Sympathetic nerve trunk' is destroyed or removed. But this removal makes the surgery irreversible.

During this operation, the surgeons try to disrupt the nerve signals from getting transmitted to sweat glands from spinal column. Thus they attempt to prevent the nerve signals to turn on your sweat glands. After destroying or cutting of the nerves, sweat glands supplied by these nerves stop sweat secretion.



The patient gets general anesthesia during this procedure. A minute camera is kept inside your chest under your armpit. A lung is collapsed temporarily so that the doctors

can destroy those nerve paths that are connected with hyperactive sweat glands. This is a permanent procedure and no reversal method is currently available.

This procedure is applied on both the sides of the body. ETS helps to treat the excessive sweaty underarms and palms. This is a major surgery, and the treatment process also involves significant risks.

PROBLEMS RELATED TO SURGERY

When all other techniques to control Hyperhidrosis fail, it is only then that you should resort to surgery. In surgery there is the risk of a permanent damage. These risks are common in the case of all surgeries: allergic reactions towards drugs or anesthetic, infection on the area of operation, cardiac problems (abnormal rhythm, heart attack), blood clots, stroke, pneumonia, damage to the nerves, arteries, organs and veins.

These complications may arise due to all forms of surgery. The patient should be aware of every risk involved, however small they may be. Moreover, the other areas of your skin may also lose the 'sympathetic nerve supply' and so your skin might be unable to control the blood flow and temperature. This could also lead to coldness and paleness of your skin, where the nerve supply got disrupted.

Compensatory sweating (CS) is considered to be the most observed side effect of surgery. Most of the patients experience this to some extent. As the body cannot sweat from certain areas and still needs to regulate the temperature, therefore it can give rise to CS.

For example, if sweating is prevented from the underarms, then sweating can occur in some other areas of the body to 'compensate' for the lack of sweating. It may occur in legs, abdomen and lower chest. This might seem to be more than nuisance for many patients, but it could be severe enough to interrupt the lifestyle of the patients.

In fact, in few case, sweating can occur more than the normal sweating problem. Other complications and side effects of surgery include dryness of face, neck and hands, and rib pain after the surgery. A decreased heart rate also occurs in some patients. But the latest ETS technique has very few complications.

Lastly, the risk of lung damage and Horner's syndrome (a nerve damage that affects the face and eyes) are very rare. But all the patients should be aware of this damage.

Other than compensatory sweating, there are improvements made in certain techniques and technology for controlling the side effects. The armpits and hands would surely cease to sweat after the surgery, but the harmful side effects are also many in number. Therefore you should think twice before going in for surgery.

NATURAL TREATMENT

HOMEOPATHIC TREATMENT

Hydrotin

A natural drug that is made exclusively for treating Hyperhidrosis is called Hydrotin. Hydrotin is available in a simple form for your oral consumption.

The main ingredients of Hydrotin are Acid benzoicum, Ononis spinosa, Coccus cacti, Hern glabra, Hexaminum, Apocyn cannab, Colchicum, Belladonna, Solidago TM, and Berberis TM.

Storage: Keep this in a dry and cool place.

Precautions: This medicine should be kept away from the children.

Treatment Period: 40 days – It is dependent on how severe the condition is.

Dosage: 20 drops twice daily with water.

Treating Sweating by the following home-based methods

Sweating cause troubles in the smooth running of the daily activities. It is difficult for many people to maintain their personal hygiene because of excessive sweating, both at work place and at home. Certain products are available that would help you to deal these problems effectively. Some of the following home-based remedies can help in solving this problem naturally.



FACIAL SCRUBS

For reducing profuse sweating, facial scrubs can be considered to be the most efficient home-based remedy. You can apply the facial scrub on the parts where extreme sweating occurs, like the underarms or the back. The dead cells from your skin are exfoliated by facial scrub and it opens up the pores on the surface of your body.

CORN STARCH OR BABY POWDER

Corn starch and Baby Powder are used for absorbing intense sweat.

TURNIP JUICE

Turnip juice should be applied on the excessive sweat-producing areas so that the sweat glands are not stimulated to secrete excess sweat.

BAKING SODA

Baking soda decreases the excessive sweat through the process of absorption.



LEMON JUICE

The citric acid of the lemon helps to eliminate the odor produced from sweating.

COLON CLEANSE

Antiperspirant sprays, sticks roll-ons, and paints are available for reducing excessive sweating.

After sweating, you can do these things for maintaining your personal hygiene:

- Wash the body parts and the face.
- Change the clothes and undergarments
- Drink plenty of water
- The living room should be at a low temperature.
- Wear light and clean clothes.

AROMATHERAPY IS USED TO TREAT SWEATING

The basic dermatological conditions involve excessive sweating. A popular substitute for the available medicines to treat excessive sweating is Aromatherapy. Various herbal oils are used in this form of treatment.

The different natural herbs that are used to treat excessive sweating are:

- Astragalus
- Schisandra berry
- Sage
- Root of White Peony



Several functions are performed by Aromatherapy. These functions include:

- Activation of thermal receptors.
- Activation of the sites of emotions in your brain.
- Activation of the limbic system.
- Killing of fungi and bacteria.

Various herbs that are used to treat extreme sweating are Birch, Basil, Bergamot, Cedar wood and many more.

DIET

You should consume adequate foods in order to lower the sweating process

If you sweat excessively, then it indicates that your problem is deep-rooted, and a considerable amount of time will be needed to solve this problem. Dietary changes play a significant role in bringing back the balance of your body.

Avoid foods that lead to over-stimulation of the Sympathetic Nervous System

There are some foods which may make you to sweat more. You must be worried because you are completely unaware about which foods to avoid and which to go in for. Well friends, there is no need to get tensed, as this section is entirely devoted to offering relevant information about the above-mentioned issue. A list of foods have been provided below, which in turn would help your nervous system to calm down, thereby lowering the sweating process.



ALCOHOL AND TOBACCO

Avoiding alcohol and tobacco is a good choice. Alcohol has a tendency to dilate your skin vessels and increase the body's heat. On the other hand, tobacco plays a vital role in increasing the adrenaline levels of your body. Both the above mentioned facts enhance your sweating process.



SUGAR

Sugar may contribute to anxieties and hyperactivity. Moreover, both hyperactivity as well as anxiety may increase your sweating process.

You need to avoid processed foods such as bread, mayonnaise, ketchup, peanut butter, breakfast cereal, and

spaghetti sauce, as they are a rich source of sugar. Sugar doesn't contain any fiber, vitamins and minerals, and may affect your endocrine system adversely. As a result consumption of excessive sugar may make you run at a higher risk of getting degenerative diseases.

Certain tips have been provided below that may help you in eliminating or moderating your intake of sugar. These are as follows:

- Go for unsweetened cereals, such as porridge oats.
- Avoid eating sweets, cakes, and chocolates.
- Go for water or natural fruit juices instead of opting for sodas or processed fruit drinks.
- Use raisins or banana slices for sweetening your cereal rather than opting for table sugar.
- Opt for fresh fruits or fruits that aren't canned in sugary syrup.
- Don't go in for food products that contain maltose, sucrose, syrup, fructose or dextrose. These products contain high amounts of sugar.
- Most individuals think that avoiding sugar and going in for honey would be a healthy alternative. However this approach is equally bad and may increase your sweat attacks.
- Jellies and jams too contain white sugar in high amounts. Moreover there are some jams that have been sweetened with cane sugar (unrefined), cane juice (dehydrated), or honey.



CAFFEINE

Caffeine, like nicotine and sugar, is said to be an adrenal stimulant that may activate a stress response in your body. It may activate the stress response of your body even if a chief external stress is absent.

Caffeine increases the adrenal hormone cortisol production, thereby constricting your blood vessels. Moreover, it also forces your heart to pump harder, thereby increasing your anxiety and blood pressure. Apart from tea and coffee, caffeine is also found in many soft drinks and chocolate.

It has been observed that by avoiding the intake of caffeine, your level of energy is increased to a considerable extent. You will notice that after some weeks of quitting caffeine you will feel quite good.

A list of additional foodstuffs has been mentioned below, quitting which can lower the sweating process. They are as follows:

- Hot drinks, particularly black tea and coffee
- Salad dressings, ketchup, mayonnaise, or coleslaw
- Milk
- Eggs
- Foods that are extremely spicy
- Chocolate
- Honey
- Bananas
- Foods that are heavily processed such as microwave meals, biscuits, cakes, pastries, or packet meals.

You may find it impossible to eliminate all the above-mentioned food stuffs from your diet. Go slow—don't eliminate them suddenly from your diet, but reduce their intake gradually. However, you may reap the benefits immediately if you avoid cigarettes, sugar and caffeine.

The food intolerances and dietary changes of each individual differ from the other. As mentioned earlier, you don't have to restrict yourself from consuming the foods immediately. Instead what you can do is to set your priorities and act accordingly.

Bringing about the necessary dietary changes is considered far better option than going in for a surgery. Even after bringing about the necessary dietary changes, if you fail to find any positive results, then the chances are quite likely that you may be suffering from any underlying food allergy.

For instance, if your body fails to adjust with the dairy products, then whenever you consume them, the immune system should work harder for protecting the tissues from the adverse effects of any dairy product that doesn't goes well with the body. If the immune system works continuously for dealing with food intolerances, then the SNS

perceives this as “stress.” Next the SNS triggers the mechanisms that provide help to you when you are stressed (for example sweat production).

If you think that the increase in sweat attacks is due to any kind of food allergy, then without wasting any time, go in for a food intolerance or allergy test. Once you get to know which food is leading to increased sweat production, you can eliminate it from your dietary intake.

Before going in for any kind of dietary changes, you need to seek advice from a nutritionist. Eliminating all the whole food groups from your diet may lead to additional health problems.

After having a detailed discussion about the foods items that you need to avoid in order to lower your sweat production, let us now move towards the list of food items that you need to consume in order to lower your sweat production.

Foods that lower your anxiety level and do not over-stimulate your SNS.

You may often notice that even after consuming considerable amount of pills and supplements, your sweating problem remains the same. It is true that the need of vitamins in your diet is extremely important for the smooth functioning of your body. Moreover, you must be even aware of the specific vitamins that are required for a specific job.

In spite of all these, taking supplements doesn't always come to your rescue. First and foremost, supplements fail to work wonders for you if your body is dehydrated and filled with toxins.

Next, none of us can claim that it is safe to consume supplements for lowering the production of sweat. People doubt the effectiveness of the supplements and think how a supplement can cater to the needs of different individuals having different food intolerances and needs.

In such a situation, when your all hopes seem to have come to an end, this book will provide you a ray of hope and suggest to you certain suitable food sources. These food sources play a vital role in lowering your sweat production.

Consuming a diet that is based on natural and organic foods is a good choice, as they contain all the essential nutrients needed by your body. The under-mentioned nutrients, and the food sources containing these nutrients, help in supporting the nervous system of your body. Be sure to include all the below listed nutrients in your diet.

B VITAMINS

The B-vitamins are usually termed as the stress vitamins. B-vitamins and other chief nutrients begin to deplete when your body is compelled to resist the burden of psychological or physical stress. Your body, apart from requiring some specific nutrients for combating stress, also replaces nutrients that are directly used by stress.

Deficiency in the nutrients may lead to anxiety and fatigue. The B-vitamins aren't stored in your body and are also water soluble. This implies that your body needs them regularly for its smooth functioning.

NIACIN

Niacin belongs to the family of B-vitamins and is needed by your body when it tries to cope up with panic and anxiety. It helps your body to monitor the blood glucose level, maintain the proper functioning of your nervous system and generate energy from the carbohydrates.

Foods containing niacin include: Tuna, Rice, Wheat, Lamb, Pomegranates, Chicken and Turkey

PANTOTHENIC ACID

Your body depends on vitamin B5, or pantothenic acid, for coping with panic and anxiety. It helps your body to make stress hormones at times of emotional difficulty, such as anxiety, depression, and emotional upset. It also enables your body to produce stress hormones at times of other kinds of stress, like chronic fatigue.

Foods containing pantothenic acid include: Avocados, Mushrooms, Salmon, Yogurt, Sunflower seeds.

VITAMIN B2 OR RIBOFLAVIN

Riboflavin, or vitamin B2, is favorable for panic and anxiety, as it alters other B-vitamins to helpful forms. As a result these B vitamins perform their work in a much better way.

Moreover, riboflavin also helps to produce immune cells that can combat infection, thereby bolstering your immune system.

Foods containing riboflavin or vitamin B2 include: Mushrooms, Avocados, Pork, Clams, Duck, and Lamb.

VITAMIN B1 OR THIAMIN

Thiamin is effective during panic and anxiety, as it promotes the smooth functioning of the nerves, converts carbohydrates (present in foods) to energy, and aids the synthesis of neurotransmitters.

Foods containing thiamin or vitamin B1 include:

Salmon, Asparagus, Barley, wheat, Soy milk, Sunflower seeds, Oats, Wheat, Brazil nuts, Tuna, Mussels, Pasta, Pork, Rice, Avocados



VITAMIN B12

Vitamin B12 is effective during anxiety and panic, as it works along with the other B-vitamins. Vitamin B12 supports your nervous system and helps your body to convert food to energy.

Foods containing vitamin B12 include: Beef, Lamb, Tuna, Trout, Oysters, Crab, and Clams.

VITAMIN B6

With the help of vitamin B6, your body produces neurotransmitters, or brain chemicals—for example, serotonin. These brain chemicals help your body to cope with panic and anxiety. During anxiety, vitamin B6 can even help in boosting your immune system.



Foods containing vitamin B6 include: Barley, Sweet potatoes, Bananas, Avocados, Sunflower seeds, Rice, Mangoes, Salmon, Tuna, Chick-peas, Turkey, Pork, Potatoes, Chicken.

MAGNESIUM

Magnesium is useful for anxiety and panic due to its muscle and nerve support. Magnesium is said to be the anti-stress mineral, as it helps in lowering your sweat production. Magnesium, as well as calcium, works in regulating the nerve cells of your body.

Magnesium plays the role of a “chemical gate blocker” in several nerve cells. This approach helps in keeping your nerves relaxed. If your diet doesn’t include adequate amount of magnesium, then it is quite likely that your nerve cells may get over-active. In simple words, adequate consumption of magnesium helps in preventing your nerves from getting over-stimulated.



Foods containing magnesium include: Pumpkin seeds, barley, soy beans, beans, spinach, Quinoa, Almonds, Brazil nuts, sunflower seeds, avocados

CALCIUM

Calcium helps the nerve cells to communicate with each other, and hence is important for supporting your body during panic and anxiety. Certain research indicates that consuming calcium food sources help in lowering your blood pressure, which is usually increased at times of nervousness.

Foods containing calcium include: Salmon, Broccoli, Beans, Kale, Soybeans, and Tofu.

WHEATGRASS

Vitamin C and A are found in abundance in wheatgrass. It includes all the essential minerals required by your body including, Magnesium, Calcium, Iron, Sodium, Zinc, Potassium, Sulphur, Phosphorous and Cobalt. In addition to the above listed minerals, wheatgrass is also rich in amino acids. The presence of vitamin B17 and other B vitamins helps in the destruction of cancer cells without causing any harm to the normal cells of your body.

HERBAL TEA

Herbs play a dominant role in lowering your sweat production. However without any positive change in your lifestyle, herbal tea fails to exhibit its good effect. You cannot experience the benefits of herbal tea in one day; it is a gradually occurring process. Drinking herbal tea, followed by a healthy diet, helps in combating hyperhidrosis.



SAGE TEA

It has been opined by several herbalists that sage tea plays a vital role in lowering your sweat production. If you drink one to two cups of sage tea on a regular basis, then it helps in lowering the activity of your sweat glands. Sage tea work wonders for individuals who indulge in excessive perspiration because of tension. The advantages of sage tea in lowering your sweat production include:

- It helps in eliminating cold sweats, “hot flash” sweats, and night sweats.
- It helps in calming down your irritated nerves.
- Mineral-consolidating sage contains a rich source of calcium, magnesium, thiamine, zinc and potassium.
- It helps in relieving emotional swings

Though sweating does not eliminate toxins from your body, it does eliminate minerals from it. Excessive sweating eliminates essential minerals from your body thereby leading to trembling, emotional swings, dizziness and joint pain. Sage, apart from cutting down sweat production, also helps your body to make up for the mineral loss.

USING THE SAGE SOLUTION EXTERNALLY

Mix dried leaves (3 spoons) with 250 ml water. Make sure that the water is kept at room temperature. Allow the solution to steep for one to two days. After straining, apply the resultant solution on your feet, hands or underarms.

Plantar hyperhidrosis is a condition that has adverse affect on your feet soles. For treating plantar hyperhidrosis, you may even place powdered herb (dry) in your shoes. You may even apply the powder or solution on the affected area at least thrice daily. Make sure that the affected area is kept perfectly dry prior to applying the powder or solution on it.

ROLE OF SAGE TEA IN CONTROLLING PERSPIRATION

As mentioned earlier, sage tea plays a vital role in cutting down your sweat production. In addition, sage tea also helps in putting a stop to your night sweats. Avoid boiling the tea; instead, allow it to steep and serve it cold. The process, as well as the ingredients of preparing sage tea, has been listed below:

- One teaspoon of dried sage or one teaspoon of sage leaves (fresh).
- One cup of water
- One wedge lemon (you may or may not use it)

Make sure to bring the water to boiling condition. Remove the sage from heat and put the sage in water. Allow the solution to steep for five to ten minutes. After straining the solution, pour it in a cup and add lemon in it (optional). You may serve the tea either cold or hot.

Exercise

Relaxation of mind and body for reducing anxiety and stimulating the SNS

Just as proper nutrition is very essential for your health, so is the nourishment of your mental, spiritual and emotional self. One of the most important causes of illness is not the bad dietary habits or lifestyles, but it is stress that matters. This stress in turn leads to more sweating.

People who are able to manage emotional stress and burdens enjoy good health. The basic aim of this program is to reduce the emotional burden and stress in your life. If this is done it will make your body much more calm and relaxed, and as a result you will sweat less.

If you really want to control your sweating, you need to do good amount of exercise. A life without sweating gives you more calmness, peace, and keeps you cool throughout the day. Only exercise can make you feel free from sweating. The effects of exercise are cumulative. With practice and time you will achieve inner calmness, and that will help you to handle stress and anxiety in a comfortable manner.

Deep breathing is the way to control anxiety levels

When there is an imbalance of oxygen and carbon dioxide in blood, a person tends to have shallow breathing. This kind of breathing is common among individuals, but its effects are rarely considered.

Some of the effects of shallow breathing are racing heart, concentration lapse, anxiety, diminished physical and intellectual performance, insomnia and emotional sweating.

On the contrary, when you breathe deeply your emotional, mental, physical and intellectual wellbeing is enhanced. This is because deep breathing makes way for the optimal exchange of oxygen with carbon dioxide.

That is the reason why healthy practices like martial arts and yoga are so essential to developing healthy breathing. When you are practicing deep breathing you will be able to reduce the stimulation of the nervous system which causes excessive sweating and which may happen when you are anxious.

With deep breathing, the supply of oxygen in your heart will increase. There will be more oxygen in musculature and brain, and so also to the PNS. The parasympathetic nervous system also helps to promote calmness.

No. 1 breathing technique

Breathing deeply utilizing your thoracic cavity is represented in the three simple steps below. Begin with the first step and continue with it until you have mastered the step, and then move on to the next step. After reaching the third step, you should have mastered the technique of deep breathing.

When you will learn methods 1 & 2, you can practice method 3 for ten minutes to calm down your nervous system.

METHOD 1

In this method, the lower part of the lungs is filled with your diaphragm. Lie down with your back flat on the ground and breathe in such a way so that your stomach rises but your chest is still. Exhale out, keeping the chest still, and allow the stomach to fall. Put your hand on the belly and feel the rise and fall of the stomach with each breath. Repeat the breathing process 10 times.

METHOD 2

In this method, you can use the muscles between your ribs to expand the cavity of your chest and fill in the top portion of your lungs. In this method breathe in such a way so that the chest rises and your stomach remains still. Exhale in such a way so that the chest goes down and the stomach remains still. Repeat this method 10 times.

METHOD 3

This method is a combination of the two abovementioned methods, put into a single breath.

You can start the method by breathing through stomach. When you feel that you can't inhale more, try chest breathing until the upper portion of your lungs are filled. Then exhale the air by breathing through chest, and then switch on to stomach breathing, gradually emptying your lungs. Continue this method for 5 minutes.

No. 2 breathing technique

Put one hand on your abdomen and the other hand on your chest. Breathe deeply and slowly with your nose and feel that the muscles of your abdomen are pushed outward while inhaling. Inhale once; hold your breath for four counts, and exhale by counting to two. So if you inhale the air for four seconds, you are in fact holding it for sixteen seconds, and then exhaling it for eight seconds.

Begin this technique by filling the air inside the lung's lower part while feeling the downwards movement of the diaphragm. While you are exhaling, you can feel the upward movement of the diaphragm.

Holding your breath for four seconds helps the cells of your body to become fully oxygenated. None of the vitamin pills or diets can offer such wonderful benefits like correct breathing technique does.

There is another way by which you can reduce the levels of your anxiety—deep relaxation.

Deep relaxation is a method of reducing stress before it can lead to bigger problems with emotional issues. The process of deep relaxation can be learnt quite easily. You need to dedicate just 10 minutes everyday, and soon you will get amazing results from this process.

When you are doing this exercise, you are actually teaching your body to relax. In our busy schedules, we have nearly forgotten the way to allow our body to relax. It helps you to relax your body whenever you feel stressed.

The process of deep relaxation has similarities to various programs of self-hypnosis. If you feel that you are facing problems in remembering the instructions; you can record the instructions in a tape recorder and play it while you are relaxing.

There are also various relaxation tapes available in the market, and the process of deep relaxation is nearly of the same format. On going through the instructions, you will feel that the steps aren't complicated. All you need to do is focus on each body part and feel it relax.

While beginning the process, isolate yourself and make sure nobody disturbs you. You can allot for yourself a session early in the morning or at night because both of these timings are extremely beneficial. If you can find a little bit of time in the lunch break then the effects of this exercise will prove to be very beneficial.

After doing the exercise, make sure that there are no heavy tasks to do; otherwise you may feel preoccupied again. The best would be that before or after the exercise you remain silent, quiet and relaxed for at least a couple of hours.



Relax and be comfortable. Lie on your bed, if possible. You can place a small cushion under the back or the knees, with arms stretching on your sides without touching the body. Look at the ceiling and rest comfortably.

Don't look hard at a particular spot, but gaze softly. Close the eyes if you feel that you are making an effort to keep the eyes open; don't force yourself, relax and let your eyes close. The main aim of this process is to let your body and mind slow down gently and quietly. Don't force yourself; just let your body relax.

If your mind starts running and becomes restless, in an effort to solve problems, just bring back the attention towards relaxation and breathing.

After a few days of practice, you will be able to feel the fatigue and will become much more conscious about it. You will be able to feel each and every part of your body and the fatigue in them.

First of all, pay your attention to your feet and feel the fatigue of your feet in your mind. Try to feel the feet soles, the fingers, the toes and the top of your feet.

Now try to relax the feet and the skin. Feel the bones and the cells of your feet relax.

Try and imagine a tingling sensation in your feet; take a little pause and then turn your attention towards your calves. Relax your calves and bones. Feel the relaxation in your cells and muscles.

After taking a short break, turn your attention towards your thighs, and then move on towards the other parts of your body like back, stomach, shoulders, neck, arms, hands, head, mouth, lips, tongue, etc.

After several such sessions, you will be able to direct your attention towards all the parts of your body in a better way. This will enable you to relax more quickly and deeply. You will see a marked improvement in the effects and the relaxation of your body will improve dramatically.

Soon you will find that you can reach a very relaxed state even when you are not lying down. Your body will adapt to the relaxation habit very easily and you will master a very healthy skill.

There is yet another way to reduce stress and anxiety, i.e. with exercise.

If you want to combat stress and anxiety, then the best weapon you have is exercise. When you learn to combat stress and anxiety you'll sweat less and you won't need any artificial means to cool down.

If you can eliminate the stress hormones and the negative emotions with the help of physical exercises, you will feel more relaxed. This will enable you to deal with the problems and the conflicts that arise out of your anxiety.

The benefits which you can obtain from exercise are: distraction from all your worries, physiological and biological changes, and positive effects on self-image. The blood flow to your brain, stimulation of the nervous system, releasing of hormones, etc., remain in order when you work out. These have a positive effect on pain, fatigue, and mood.

Physical fitness is very important and is linked with success and personal effectiveness. Always remember that we sweat when we are stressed, even while we are doing any normal activities.

Read on and you will understand how exercise can be a benefit in your life:

- Increases energy levels: With exercise, the production of mitochondria increases. Mitochondria are considered to be the powerhouse of a cell. It provides a lot of energy and helps us to cope up with tension and anxiety.
- Beats stress: A psychological change takes place when a person exercises regularly. This allows them to do their regular tasks more easily and achieve success in all areas of their life. They are much more emotionally stable and confident.
- Feel good factor: Adrenaline hormones are released when you do exercise. This hormone is responsible for lifting the mood and combating depression and fatigue. Exercise also raises the levels of brain chemicals like endorphins, which also improve the mood of a person and he feels good. So when you feel good you can leave behind all the bad habits. So exercise regularly and lift your mood.
- Burns fat: It's a proven fact that exercise burns fats and extra calories more than anything else. Without decreasing the intake of your regular food you can burn fat by doing exercises. Even after the exercise session your body is able to burn calories for about 30 minutes and promotes metabolism.

Now you have all the elements and ideas to feel that “exercise provides you with multiple benefits and even decrease sweating”. So, what are you waiting for? Just work out and sweat for a good reason!

Additional Treatments

1) Sage Tablets

Sage tablets have proven to be extremely beneficial for lowering the production of sweat. These tablets contain the extracts of fresh sage leaves (*Salvia officinalis*). Taking the sage tablets twice daily is considered to be effective in combating hyperhidrosis.

2) Traditional Chinese Medicine

Traditional Chinese Medicine, or TCM, is considered to be a cut above the complimentary and alternative therapies for treating Hyperhidrosis. According to Chinese medicine, disharmony in your body plays a vital role in the production of sweat.



Chinese medical science considers sweat be an essential substance and hence devote ample time in going to the roots of this problem.

“Stomach Yin Deficiency” is a condition that involves symptoms such as profuse sweating accompanied by rapid or shallow breathing, stringy or feeble pulse, cold extremities and lassitude.

The above mentioned symptoms are equally prevalent if your nervous system is exhausted and stressed out. Traditional Chinese Medicine aims in treating every individual in a unique manner depending on his/her symptoms and pattern.

If you visit an acupuncturist, he may ask you several questions such as what you eat and drink, when you perspire, and what exercise you perform. He may even observe your tongue and feel your pulse. He may ask you to go in for some physical test. All these approaches enable him to chalk out a perfect treatment program for you.

3) A simple yet effective treatment plan for individuals who have terrible sweaty armpits

So you feel embarrassed about your sweaty armpits? Well there is nothing to get embarrassed as here lays an effective treatment plan that helps you in overcoming this problem. This treatment plan aims in unclogging the pores of your armpit so that they can breathe freely.

Now you must be wondering what measures you need to take in order to unclog your pores. Well some simple methods have been provided below, following which would certainly prove beneficial for you. These are as follows:

- Avoid using soap while washing your armpits. Soap clogs the pores of your armpits and obstructs the natural cleansing procedure of your skin. You may instead go in for a gentle abrasive like a rough cloth or loofa for scrubbing your armpit thoroughly. This approach helps in keeping your underarms clean.
- Avoid using any antiperspirants or deodorants as they block your pores thereby restricting your skin to breathe. The active components present in the antiperspirants forms superficial plugs in your sweat ducts, immediately below the surface of your skin. The shallow plugs create a barrier thereby limiting the sweat to come out of the sweat ducts. These plugs also disrupt the natural breathing process of your skin. The blockages usually results in bacteria formation thereby emitting pungent odor from your underarms.

4) Quick-Acting Treatments

The following quick-acting treatment programs play an effective role in lowering your sweat production almost instantaneously:

- Devote ten minutes for taking a shower or cold bath. This approach proves beneficial in toning up your nervous system and lowering your sweat production.
- Avoid all food stuffs that trigger the production of sweat.
- Avoid drinking sweet tea.
- Going in for supplements or tablets of Vitamin B complex is an ideal option.
- Wheatgrass is considered effective in lowering your sweat production. It also creates positive effects on your overall health.
- A ten minute session of relaxation and deep breathing is also a good choice.
- Devoting twenty minutes for mediation helps in lowering your anxiety level, thereby lowering the production of sweat.

5) Dry Grip Treatment

It is quite probable for sportsmen to get nervous during stressed times. As already mentioned, nervousness often leads to excessive sweating. The palms as well as the soles of the feet of the sportsmen are most affected. Well with the introduction of effective sprays their problem seems to have come to an end. It is easy to apply these sprays and the effect lasts for several hours.

6) The Right Drink

Mixing all the below mentioned ingredients and drinking the solution thus obtained, helps in lowering your sweat production within two hours. The procedure for preparing the drink is as follows-

- Boil four cups of water
- Next add stinging nettle (one teaspoon), sage leaves in dried form (two teaspoon), lemon balm leaves (two to three) to the boiled water.
- Remove the solution from heat and allow it to steep for six minutes (approximately).

NETTLE HAS THE FOLLOWING HEALTH BENEFITS

- Contains rich source of vitamins C and A
- Cleanses your blood
- Relieves coughs
- Enhances functioning of your kidneys and liver
- Eases constipation and diarrhea



LEMON BALM HAS THE FOLLOWING HEALTH BENEFITS

- Lifts the spirits
- Boosts up your spirits
- Relaxes your nerves
- Eases stomach disorders

7) How to control odor

There are several factors that may lead to foot or body odor. In order to have a clear understanding about what leads to odor, you need to have some knowledge about the sweat glands.

Sweat glands can be broadly classified into two types, namely apocrine glands and eccrine glands. Eccrine glands are commonly found on your palms, soles of your feet, cheeks, armpits and forehead. Odorless and watery sweat is produced in large volumes by the eccrine glands. These glands are affected by excessive sweating, or hyperhidrosis.

Apocrine sweat glands are usually found in the genital and armpits regions. A thick fluid (usually invisible) is produced by the apocrine glands. Your body produces a pungent odor when the thick fluid gets into contact with the bacteria present in the surface of your skin.

Another interesting thing to note is that individuals who suffer excessive sweating or hyperhidrosis usually don't have any troubles with body odor. It is because the extensive volume of sweat produced by their body usually comes from the eccrine glands. Moreover, this excessive sweat (produced by the eccrine glands) in turn washes away the bacteria, as well as the apocrine sweat.

Your feet may emit foul odor due to the overgrowth of some kind of bacteria. This bacteria prefers the moist and warm environment of your feet, thereby leading to pungent odor.

In order to put a stop to this problem, both the moisture and the production of bacteria should be either minimized or stopped. Given below are certain helpful suggestions, following which may help you to overcome the problem of sweaty feet:

- For controlling moisture, you need to change your socks and shoes frequently. If you find that the natural treatment plan fails to work wonders for your feet, then using antiperspirants or powders is a good choice.
- For controlling the growth of bacteria, avoid wearing any damp socks or shoes. You need to use soap (antibacterial) for washing your feet. You may even consult a podiatrist or dermatologist, who would recommend you an oral or topical antibiotic.
- Allow your feet to dry and breathe naturally whenever possible. Avoid keeping them wrapped up in footwear all through the day.

In addition to the suggestions mentioned above, you may also treat your feet with freshening aromatherapy foot wash. Lemon essential oil (ten drops), water (two ounces) and lemon juice (extracted from one lemon) should be blended together to form a solution. After preparing the solution apply it thoroughly on your feet.

You may even apply the tea soak on your feet. Tannic acid present in the tea helps in eliminating the odor. Devote fifteen minutes for boiling some tea bags in some water. Next pour the solution in a beaker that is filled with a couple of quarts of chilled water. You need to soak your feet for half an hour regularly. Following this procedure for one week is considered to be an ideal approach for treating excessive sweating.

8) Process to remove sweat stains

You must have ruined many shirts with your sweat stains. So again, you have to buy a new shirt; then, again, you will ruin the new shirt. Here we have given you some practical tips by which you can overcome the sweat stain problems.

The first thing you need to understand is that it is not the sweat that damages the material, rather it is a kind of stuff that is inside the sweat, which is commonly known as antiperspirant.

The antiperspirants are very acidic in nature and the acidity causes the shirts to decolorize. The antiperspirant products come in a very watery form and easily get into the fabric of the clothes.

If you really want to get rid of antiperspirants being transferred into your clothes, you should avoid using various kinds of artificial antiperspirants altogether. Instead, use the natural treatments for underarm sweating and allow them to get dry before wearing clothes.

When we are using antiperspirants, we tend to spray them in a thick layer assuming that using more antiperspirants would lead to even drier armpits. However, that's not true; actually it leads more sticky stuff to get attached to your clothes.

WASHING OUT THE STAINS

Always rinse the stained area with cold water before washing. This will help to remove the antiperspirant's acids, which cause stains. If we apply hot or warm water, then there is a chance of chemical reaction with the acid, and that may hamper the fabric.

Adding stain remover can permanently damage the shirt. So wash it in a simple way, just rinse the shirt with cold water and then wash it as usual. Another thing which you can do is to dry clean the garment. You don't need to do anything in this regard, just let the dry cleaner do its own job.

Some people use hydrogen peroxide in rinsing the underarms of their shirts to remove the sweat stains. But be rest assured, nothing works like cold water. Moreover, you can easily get water and it can be used more easily as compared to hydrogen peroxide.

9) Home remedy for sweaty feet and hands

Take five tea bags and boil them for five minutes in water (about quarter of a container). Allow the solution to cool and soak your feet and hands for about 25-30 minutes before sleep. Tea is considered as an astringent, as it has tannic acid. Besides tea, you can find the astringent in various commercial antiperspirant products.

10) Chinese herbal treatments

You can check out various websites or go through different books, to learn about all the latest Chinese herbal treatments for curing the problem of excessive sweating.

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