

Family Chiropractic

*Courtesy of Harbourfront Family Chiropractic
by Dr. Warren Gage*



Excessive sweating and body aromas

You perspire when you exercise. You may also perspire when you're overheated, stressed out or nervous. Perspiration is natural - it cools your body when your temperature rises.

Perspiration occurs through two types of sweat glands. Sweat from your eccrine glands rises to the surface of your skin, and is mostly made up of water and salt. Your body cools as this type of sweat evaporates from your skin.

Apocrine glands are found in hairy areas of the body, such as the underarm and groin areas. Sweat discharged from these glands is a fatty sweat. When bacteria on the surface of the skin break down this sweat, the result is body odor.

How much you sweat and how much your sweat smells depend on many factors, including your diet, amount of water you consume, medications, hormones, heredity, overall health, hygiene and the amount of bacteria that comes into contact with your sweat. For example, caffeine in coffee and tea can stimulate the apocrine glands to produce more sweat, increasing body odor. Constipation and kidney and liver disease can affect body odor, while other health

conditions, including low blood sugar, diabetes, menopause and emotional stress can increase sweat production.

There are a number of natural remedies you can try. Dr. Andrew Weil, a noted expert on natural health and wellness, suggests using rubbing alcohol in the underarm area to reduce the bacteria that contributes to body odor. He also suggests using deodorants that contain antibacterial green tea extracts. These are available in our local health food stores.

Other suggestions include wearing natural fiber (cotton instead of synthetic) and loose-fitting clothing that "breathes." Modify your diet to cut back on body odor offenders, such as caffeine, alcohol, and garlic. Visit our local health food stores and purchase a colon, liver, or kidney cleanse. Any one of the aforementioned clears the human body of toxins that result in excess body odor. In addition, taking certain supplements, such as magnesium, high-potency B vitamins and zinc in the proper combinations and dosages and drinking a minimum of 8 glasses of water per day will aide in decreasing the amount of odor you currently produce.