

Title:

Body Odor - Cannot Runaway From It

Word Count:

383

Summary:

Body odor can either make you run towards the person or runaway from him or her. This odor can

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Keywords:

Body odor, sweat glands, skin care

Article Body:

Body odor can either make you run towards the person or runaway from him or her. This odor can

When sweat surfaces on the skin it gives out a body odor. Even though sweat is odorless, when

Every foot has its specific odor which gets to its peak when we cover it with socks and shoes.

Some of the common reasons for having body odor are improper hygiene, like not having a proper

Things to avoid

- * Being overweight
- * Tight fitting clothes
- * Spicy and oily food
- * Excessive alcohol as it increases perspiration
- * Excessive Coffee and tea intake
- * Excessive consumption of chocolate, peanuts,

Things to do

- * Have balanced diet which is less spicy and involve good amount of protein plus lots of veget
- * Drinking lots of fluid and juices would also help
- * Take a bath everyday and wash yourself properly specially in problematic areas
- * Adding tablespoon of honey at the final rinse would keep you fresh all day
- * A cup of vinegar in your bath water would help too
- * Adding alum in your bath water would keep the odor in check

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