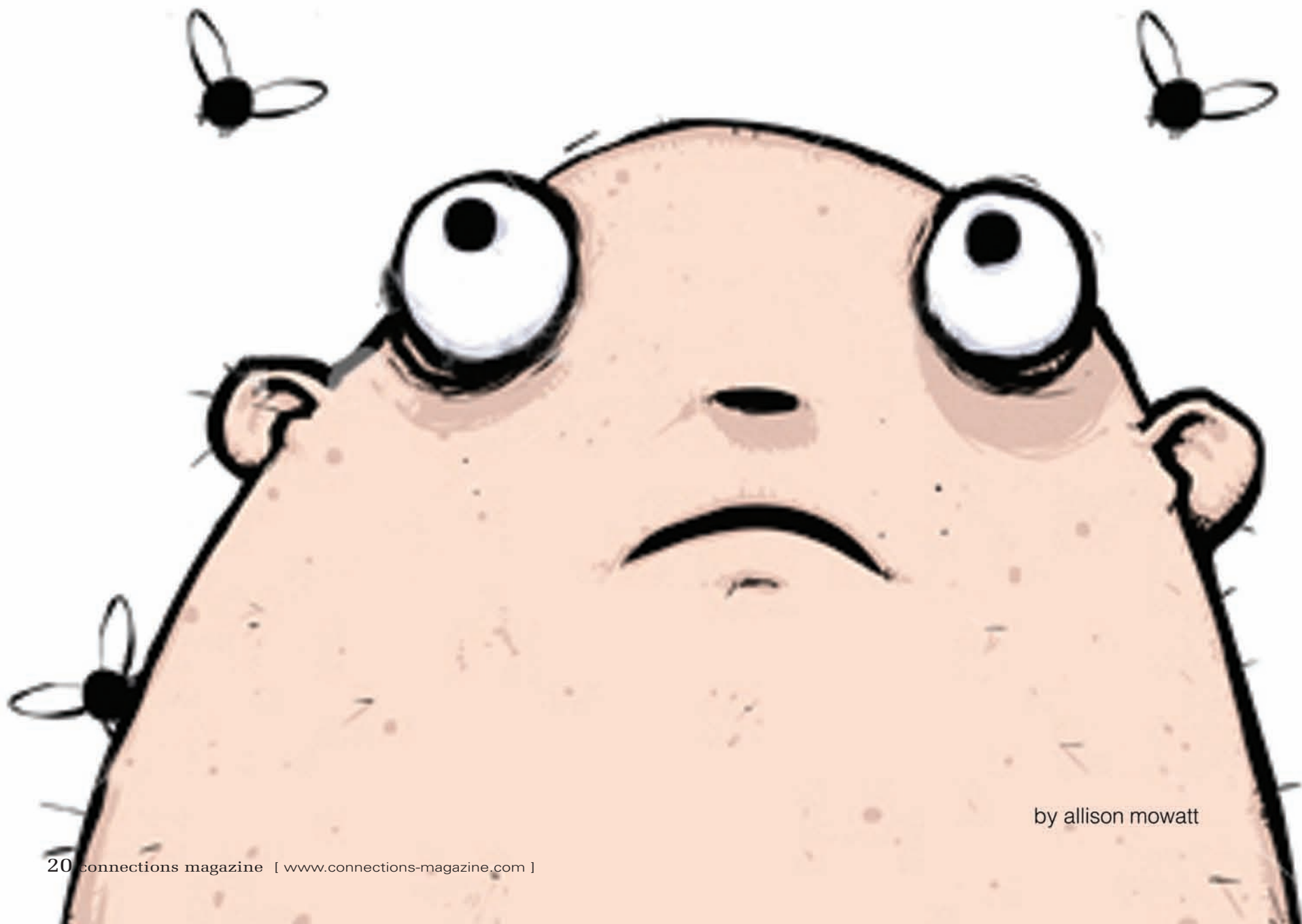


oooh,

the ^{other} smells
of summer!



by allison mowatt

Sure, summertime scents are the best, and we all love the wonderful aromas of savory food coming off the grill, the beachy coconut smell of suntan lotion, the sweet flowery blooms, and the salty, briny sea air.

The other smells of summer, not so much. Unfortunately, the warm weather also brings other smells that our nose knows when it wafts our way. We've all been there, and it's just a fact of life. When we're working in the yard, playing a sport, or even just standing outside on a muggy, humid day, our body naturally exudes SWEAT, which is a good thing since it's a cooling agent for our body, but when perspiration drips from head to toe, it can leave you smelling and feeling not so fresh. Even though it's a natural body function, let's face it; it's not a pleasant one. However, there are ways to control and reduce bad body odor, and you don't have to fall victim to the sour smells of summer.

You may be surprised to learn that it's not the sweat itself that causes the odor but the bacteria living on your skin that is responsible for the odors when you perspire.

People may automatically assume that if a person has unpleasant body odor, it's because they don't shower regularly. It can go much deeper than that, and improper hygiene is only one of the causes of body odor. Other causes have to do with diet, lifestyle, chemical or dietary imbalances in the body, or from other more serious complications.

Taking the right steps to reduce your body odor may only involve minor lifestyle changes and are easy enough to do. If you follow these simple steps and *still* don't smell fresh and are concerned with the level of your body odor, you may consider visiting your doctor to rule out other possibilities.

Steps You Can Take to Control and Reduce Unpleasant Summer Odors:

Personal Hygiene

This is an obvious piece of advice and one of the easiest ways to control body odor. If you feel like you're sweating more than usual, you may consider showering or bathing at least twice a day. Use an effective antibacterial soap or shower gel, especially in the hotter weather. Be sure to wash everything completely and only use your towels and washcloths once and then deposit them in the hamper. After rubbing them on your body, they tend to hold in bacteria, and it's best if you don't reuse them until after they've been washed.

Deodorant and Powders

One of the most well known methods for controlling and preventing body odor is by using deodorants or antiperspirants or a combination of both. Keep in mind that antiperspirants contain aluminum chlorohydrate, which clogs pores and sweat

glands and stops the sweating, so in the process they don't allow the toxins to flush out. The buildup of toxins can lead to the development of cysts or other issues, so a deodorant without an antiperspirant may be a better choice if this is a concern for you. There are also all-natural deodorants on the shelves now. Absorbent powders help control body odors, and using baking soda, cornstarch, and body powders are often quite effective in controlling sweat and odor.

Wear the Right Material

Throughout the summer months, try to wear loose fitting clothes that breathe, like cotton or silk. In addition, wash your clothes before rewearing them a second time because smelly sweat lingers on clothing, especially on tank tops and even T-shirts in the armpit area. You should also wash your bedding at least once a week since we sweat a lot in our sleep even when our bodies are inactive.

Watch What You Eat

Your body gets rid of toxins through the skin, so the old adage "you are what you eat" has some truth to it when it comes to sweating. As far as body odor is concerned, one of the worst things you can eat is red meat. Other foods to avoid on a particularly sweltering day are onions and garlic. Caffeinated beverages should also be avoided since any form of caffeine, whether it's in soda or coffee, can cause excessive sweating and dehydration. You may also want to avoid alcohol and tobacco use for the same reasons. In addition, you should try to stay away from fatty meals that contain fried foods, refined sugars, and overly processed ingredients. Foods that are good for you and help battle body odors are breads, nuts, fruits, and vegetables. Vegetables containing high amounts of chlorophyll, such as spinach, kale, and other leafy greens, are a natural purifier and odor eliminator.

Sweat

Yes, you read it right. If your body needs to eliminate the toxins causing the offensive odor, then the best thing to do is have a good sweat and get it out of your system. By causing yourself to sweat, you clear your pores of these toxins at a faster pace. Some ways you can do this are through exercise and relaxing in a sauna, hot tub, or steam room. After you have a good sweat session, just be sure to shower afterwards to wash the perspiration away. Before you plan to sweat it out, be sure to drink a lot of water to help flush your system and avoid dehydration.