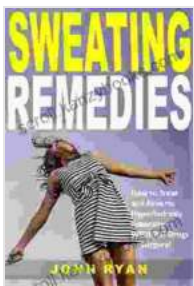


# Natural Remedies to Treat and Reverse Hyperhidrosis

Hyperhidrosis is a condition that causes excessive sweating. It can affect any part of the body, but it is most common on the hands, feet, and underarms. Hyperhidrosis can be a major source of embarrassment and discomfort, and it can also lead to social isolation.



## Sweating Remedies: How to Treat and Reverse Hyperhidrosis Naturally -- WITHOUT Drugs or Surgery!

by Dusty Ann Jessen

★★★★☆ 4.9 out of 5

Language : English  
File size : 141 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
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Word Wise : Enabled  
Print length : 35 pages  
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There are a number of different treatments for hyperhidrosis, including prescription medications and surgery. However, these treatments can be expensive and they often come with side effects. If you're looking for a natural way to treat hyperhidrosis, there are a number of remedies that you can try.

### 1. Apple Cider Vinegar

Apple cider vinegar is a natural astringent that can help to reduce sweating. To use it for hyperhidrosis, simply apply it to the affected areas with a cotton ball or a washcloth. You can also add apple cider vinegar to your bathwater.

## **2. Baking Soda**

Baking soda is another natural astringent that can help to absorb sweat. To use it for hyperhidrosis, sprinkle it on the affected areas or add it to your bathwater. You can also make a baking soda paste by mixing it with water and then applying it to the affected areas.

## **3. Epsom Salts**

Epsom salts are a natural detoxifier that can help to reduce sweating. To use them for hyperhidrosis, add them to your bathwater and soak for 20 minutes. You can also make an Epsom salt compress by mixing them with water and then applying it to the affected areas.

## **4. Tea Tree Oil**

Tea tree oil is a natural antibacterial and antifungal agent that can help to reduce sweating. To use it for hyperhidrosis, add a few drops to your bathwater or apply it to the affected areas with a cotton ball or a washcloth.

## **5. Witch Hazel**

Witch hazel is a natural astringent that can help to reduce sweating. To use it for hyperhidrosis, apply it to the affected areas with a cotton ball or a washcloth. You can also add witch hazel to your bathwater.

## **6. Diet**

There are certain foods that can help to reduce sweating, such as fruits and vegetables. These foods are high in water and electrolytes, which can help to keep you hydrated and reduce sweating. Avoid foods that are high in caffeine and alcohol, as these can trigger sweating.

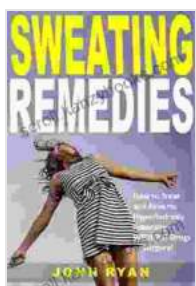
## 7. Exercise

Regular exercise can help to reduce sweating by improving your overall health and fitness. When you exercise, your body produces endorphins, which have a calming effect. Exercise can also help to reduce stress, which is a common trigger for sweating.

## 8. Stress Management

Stress is a major trigger for sweating. If you're struggling with stress, there are a number of things you can do to manage it, such as yoga, meditation, or deep breathing exercises.

If you're suffering from hyperhidrosis, there is hope! There are a number of natural remedies that can help you to treat and reverse your condition. Be sure to talk to your doctor before trying any of these remedies, especially if you have any underlying health conditions.



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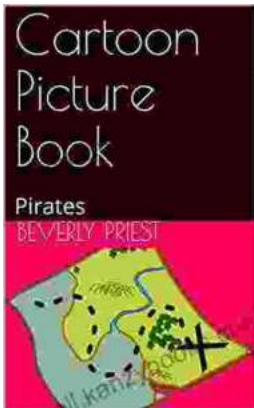
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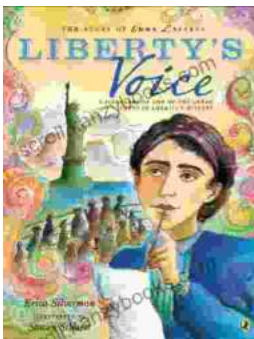
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