



According to the Handbook of Over-The-Counter Drugs (1992 edition), "Concern over perspiration is practically a national preoccupation. Consider this. We have about 600 lymph nodes in the body. 200 are in the neck and about 50 in the armpits. So we clog up our neck region with toxic perfume(formaldehyde) and essentially cork our sweat glands in the arm pits. Worry about wetness and underarm odor prompts Americans to spend more than \$750 million annually on over-the-counter deodorants, deodorant soaps and antiperspirants." Today, people spend nearly \$1 billion to mask body odor.

Deodorants and antiperspirants are not the same thing, but both are toxic. Deodorants help mask body odor. Antiperspirants help reduce wetness under the arms.

And when it comes to deodorants and antiperspirants, more expensive doesn't mean better for you.

The ingredients are what matter.

Lets begin by reading the labels.

What is perspiration?

When we perspire, we are excreting and releasing toxins. **It is a healthy body function that has been targeted as "undesirable" by many.**

The skin is the largest organ of the human body, and perspiration is the way it eliminates toxins from the body. Reduce skin's ability to do its job properly, and it makes it harder on the rest of the body.

Antiperspirants work by irritating the skin to cause an inflammatory reaction accompanied by swelling and expansion of the cells around the sweat duct and it's opening to shrink. This reduces the amount of sweat that can get to the surface.

Why does it smell?

When we use deodorant, we are not affecting a bodily function. Basically, we are masking body odor with fragrance and targeting bacteria via antibacterial agents such as Triclosan a known endocrine disrupting toxin.

There are many causes of body odor:

- underlying condition or illness, particularly the lymphatic system
- poor diet (e.g., meat, dairy, processed foods, sugar, refined starches and grains)
- stress
- smoking
- drinking alcohol
- taking drugs
- poor personal hygiene

Why deodorants and antiperspirants are harmful

The vast majority of over-the-counter deodorants and antiperspirants are made with potentially harmful ingredients that can enter the blood stream and hurt the body's ability to function. For example:

- Aluminum chloride-a known irritant that helps reduce perspiration, but also removes color from clothing and degrades fabric
- Propylene glycol-used to degrease engines and other industrial products.
- Triclosan-a known irritant made from petroleum. It's a synthetic antibacterial agent.
- Aluminum zirconium tetrachlorohydrate-GLY-plugs the pores and stains fabric when mixed with sweat (It's what leaves that yellowish tinge on your white shirts)
- Stearyl alcohol-slows the evaporation rate of water (sweat)
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Aluminum has an affinity for the brain and human pineal gland (our spiritual center) and large concentrations of toxic aluminum develop in these body parts. Aluminum has been implicated as the number one cause of Alzheimer disease.

Side Effects

Whether male or female, the underarm lymph nodes are impaired from the use of deodorant and antiperspirant.

Lymph nodes are ducts that throw off toxins. When there is such a backup of toxins in the lymphatic system we suffer. The lymph nodes at the armpits become swollen and inflamed.

Ever felt a burning, tender soreness in your underarms? Ever developed a large and painful knot or lump (that lasts for days) under your underarms? This is the result of the chemicals in commercial brand underarm deodorants and antiperspirants, which is why they should be avoided.

So what happens when we block the glands and lymph nodes? Well, we have our breast right there, ready to catch the toxic waste. Toxins like to make their home in fat cells and we have fat cells aplenty in the breast and underarms. Women then proceed to pushed up in a fancy non-breathing synthetic bra ready to catch what should be exiting out the pits (and other pores and elimination routes of the body).

Natural Alternatives

Remember~Most of the antiperspirants still contain harmful chemicals, such as aluminum, parabens, triclosan, talc, propylene glycol and phthalates, all of which are harmful when absorbed through the skin.

Essential oils can be used for deodorant.

Recipe for Natural Home made deodorant:

5-6 Tbsp Coconut oil

1/4 cup aluminum free baking soda

1/4 cup arrowroot powder

10-15 drops of your favorite essential oil.

Why wait until you experience redness, soreness, and/or inflammation under the arms (armpits), immediately stop using deodorant/antiperspirant.