Did you know that we sweat for a reason? But, we spend 18 billion dollars a year in North America to stop sweating or least mask the smell of our sweating. Sweat isn't inherently stinky. The smell of sweat, if there is a smell, comes from the breakdown of bacteria on our skin. Deodorants simply mask odors, but antiperspirants, as the name suggests, are actually designed to temporarily stop you from sweating. But, they do not actually STOP you from sweating. The aluminum compounds in antiperspirants stop the endocrine sweat glands from producing sweat by blocking the pores. Also, aluminum underarm care products tend to carry a number of other chemicals such as Parabens, Propylene Glycol & Triclosan.

Did You Know?

• A natural fix starts by NOT blocking your pores from carrying out their required function. Allow your body to sweat, but take steps to reduce the amount of sweat your body produces by drinking a mixture of 2 teaspoons of apple cider vinegar in water several times a day. You can also apply apple cider vinegar directly to the skin, it acts as an astringent to help remove bacteria and reduces the size of pores.

• Tomato juice also shrinks your pores and can reduce chronic sweat.

• Underarm products that contain aluminum are designed to stop our endocrine glands from producing sweat. Aluminum exposure has been linked to the development of Alzheimer's disease and interferes with estrogen levels.

• A natural fix includes sourcing natural products that do not contain any harmful chemicals. Look for products that contain sodium bicarbonate, aka baking soda, or Diatomaceous Earth, which absorbs sweat and neutralizes odor without blocking pores.

• A natural fix is to ensure your body does not contain a lot of toxic build up. The more toxins in your body, the harder your endocrine system has to work to rid your body of them and the more likely your sweat will have an odor. Probiotics are an exceptional natural solution to ensuring the body has healthy bacteria.

• You can also make your own (check out the Make It Recipe below).

• The yellow stain that appears on some people's clothes is not due to armpit sweat. It's related to the aluminum in antiperspirant products and the reaction of the aluminum as it combines with the natural chemicals found in armpit bacteria.

• Deodorants and antiperspirants only have to cut back sweat by 20% to claim all day protection and extra strength is only 30%.

• Neither your armpits or your deodorant react based on your gender. While women tend to have more sweat glands than men, the amount of suggested protection is still 20%-30%.

ASR

I'm hearing a lot about Moringa? Is it really a superfood and where do I get it? Interestingly, Moringa has been used for thousands of years in the natural health market many years ago, but due to recent studies, it's gaining in popularity now. Some studies suggest that Moringa is the most nutrient-dense plant on earth, with over 92 nutrients, 36 antioxidants, vitamins, minerals, omega oils and a complete protein profile. With this many nutrients, the benefits of adding the product to your smoothies or ingesting capsules directly are immense!

Moringa Deodorant Ingredients

6 Tablespoons coconut oil
1/4 cup (4 Tablespoons) baking soda
1/4 cup (4 Tablespoons) arrowroot or organic cornstarch
5 drops Tea Tree Oil
10 – 15 essential oils (optional)

Mix baking soda and arrowroot together in a medium sized bowl. Mash in coconut oil with a fork until well mixed. Add oils if desired. Store in small glass jar or old deodorant container for easy use.

Coconut Oil Deodorant Instructions

1. Mix baking soda and arrowroot together in a medium sized bowl
2. Mix coconut oil and 4 Tablespoons water until smooth
3. Add oils if desired
4. Store in small glass jar or old deodorant container for easy use

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