



Control Your

Sweating

NATURALLY

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Forward

Who I am, what I am and what I do in life aren't as important to me at this point in time as they might have been. Why? For the simple reason, that all of my past accomplishments fade into insignificance compared with the fact that I have managed to overcome a great burden in my life.

I haven't found the cure for cancer, nor have I found a more efficient usage of fuel, I haven't discovered the secrets of the universe and I definitely haven't invented anything which is of any import to mankind.

What I have done instead, is to my mind greater than all of that because I have fought my personal demons and come out the winner. It has taken me nearly all my life to do so, but I can now say with great happiness, that I am at a place in life right now, which I had never thought would come about.

What am I taking about? Well, if the title of the book didn't give you your first clue, and you're reading this because your best mate plunked the book down in front of you and told you to read it, then here it is, my own personal breakthrough: I conquered my sweat problems.

Yes, that's it. Nothing earth shattering about it, but then again, you're not me, and you haven't had to live all your life with my problems. Unless of course you're reading this because you have similar problems to what I used to have to deal with.

It doesn't really matter though whether you're reading this purely because someone thought you might need the information contained within these pages, and it doesn't matter whether you're reading this with the same covert desperation that I always felt whenever I had to face up to my sweaty problems.

What matters is that you're here, you're reading this book, and hopefully, you too can see the light sometime soon. Or barring that, get a handle on things to help you through troubled times.

So what's all the waffle-waffling, about? Why am I going on about sweat, and more to the point why am I writing about what is a

socially disagreeable topic? Why don't I stop talking (or writing as the case may be) and head on down to the nearest grocery, pharmacy or corner shop and invest in some good deodorant?

Well, the thing is, if I wanted to do that, and if all my problems could be cured with a simple twist, roll, spray or push of a can of deodorant this book would definitely not be in existence today and you would probably be somewhere else doing something palpably more interesting!

Before we proceed any further though, I would just like to say that I am in no way a qualified medical practitioner. The advice, treatments, remedies, and guidelines I give throughout the book are only my opinions.

I'm not a trained or professional practitioner of alternative or holistic medicines, nor have I any kind of medical background.

Please feel free to use this book as you see fit, but remember that all the information contained within these pages is just that: information. Nothing more, nothing less.

If you feel that any of the treatments I have outlined might work for you, I strongly urge you to first consult with a trained medical professional, your doctor or physician, or a trained herbalist, or other such trained professional, before you go through with any of the them.

I have also mentioned this periodically throughout the book, but I shall say it here to begin with.

If you are pregnant, breast feeding, or looking to become pregnant. If you are on medication for a health condition, if you are ill, if you have a health condition but are not taking any medication for it.

Consult with your doctor first to make sure the guidelines I have laid out in the book are viable, and overall, *safe* for you to take.

Extra caution never goes amiss, and by checking with someone who is able to give you an accurate assessment of the situation you're taking care of yourself.