

### 3 Proven Treatments to Stop Armpit Sweating

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**April 8, 2009 - [PRLog](#)** -- If you're ready to finally put a stop to your relentless armpit sweating, then this article has some VERY effective treatments for you. I know what it's like to have terrible pit sweat. I remember at its worst, I'd be wearing two undershirts stacked together underneath my dress shirts to work and STILL, the sweat stains soaked through. I'm happy to say I finally put my problem to rest using a combination of the treatments you're about to learn here. You will too if you take action after reading. Let's do it!

Now if your armpit sweating problem is as bad as mine was, you're probably at this point reacting to the problem as opposed to taking action to prevent the problem. Let me explain...

Maybe you feel the sweat coming on and you excuse yourself to the nearest bathroom to pat your armpits dry with a paper towel or reapply another layer of deodorant. You might wear heavy clothes or layers to hide the pits stains. Or, perhaps you actually use garment pads to soak up the sweat when it occurs.

The treatments below take a more proactive approach. You're going to learn how to condition your skin to sweat less, rather than learn how to block the sweat or hide the sweat better. These are long term cures that work cumulatively over time, so try them all out consistently for a week before experiencing the optimal results.

With that said, here's the first treatment...

**The Apple Vinegar Remedy** - at night, apply apple vinegar or any other malt vinegar to your armpits. If you have armpit hair, trim it to a very short length. Let the apple vinegar air dry. It will saturate your armpit's sweat pores, neutralizing odor causing bacteria and creating a drying effect.

Apple vinegar has astringent properties. It will condition your armpits to stay dry and sweat less overall. In the morning, just wash your armpits with soap and water as you normally would. The acid in the vinegar will be absorbed by your armpits overnight and protect you from sweating all day long.

**The Baking Soda Treatment** - Used in combination with a deodorant that's high in aluminum chloride, baking soda could be your missing piece to the puzzle. It works as follows...

Baking soda is an alkaline and your body's sweat is an acid. When the two mix, they create gas and the sweat is instantly evaporated. So it conditions your sweat to just dry up super fast. Here's what you do. Mix a generous amount of baking soda with water until you have a thick paste. Paste the baking soda onto your armpits (if they're clean shaven, this works best) and then sit with the treatment for 25 minutes.

Afterwards, just wash off with water.

Do this for several days in a row and you'll notice a HUGE difference. Now, your armpits might feel kind of rubbery after you wash off the baking soda. This is totally normal and I'm sure you'll agree that rubbery feeling armpit skin is way better than sweat dripping, slime pits - ewww! :)

**Botox** - Botox injections are a surefire way to stop the excessive armpit sweating but it does come with a high price tag. Treatments can range anywhere from \$700 - \$1400 depending on how many places on the

body you want to cure. Also, results aren't permanent. They do last a while though.

Most people report that Botox stops the excessive sweating for about 6 months. So, if your severe armpit sweat is impacting your life that much (I know mine was pretty bad) and you have the extra money, Botox might be a realistic alternative for you.

Before you go running to the bank though to take out money for Botox, I want to save you some green. Afterall, we can all use some savings where we can these days. I've posted my top 12 favorite excessive sweating treatments on my site <http://www.Prevent-Sweating.com> in a video called Sweat Free Tactics.

The video is totally FREE and you can check it out right now on the site to learn a TON of other effective ways (many of them natural) to stop excessive armpit sweating for good. Additionally, the video shows you how to stop hand sweating, face sweating, feet sweating and yes, of course, how to stop armpit sweating. Check it out right now and take action on ending this problem for good!

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Jason Ellis has been helping people overcome their excessive sweating for years. His expertise deals with controlling the symptoms of hyperhidrosis by applying proven, natural treatments for excessive sweating that bring results in days. You can find all of Jason's natural treatments for excessive sweating exclusively at <http://www.Prevent-Sweating.com>

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