

## Stop Hands Sweating - How To Stop Sweaty Palms

*Are you suffering from sweaty palms? Discover how to stop excessive hands sweating with a proven treatment that work!*

**Aug. 23, 2009** - [PRLog](#) -- For individuals who suffer from excessive hands sweating, it is extremely important to find a solution for this problem. At the very least, having sweaty palms is a hassle and can affect one's personal, social and professional life.

"I dread it. I've always been embarrassed by my dripping wet hands to the extend that I have to invent secret eyes and hand signals with the people I met just so I didn't have to shake their hands." said Alexie who herself suffered from palmar hyperhidrosis since she was 14 years old.

According to doctors, the primary cause of excessive hands sweating is medically unknown and yet sweaty palms is an annoying health condition that affects around 1% of the world population.

Sweaty palms affected Alexie while in school and it has affected her in her professional life.

Alexie says she tried almost everything to stop her hands from sweating. From antiperspirants, acupuncture, drinking herbal sage tea to eating healthy and various medications didn't work to cure her sweaty palms.

Tired of her sweaty palms, Alexie discovered a treatment called iontophoresis.

"I've read about it on different forums and I've realized that a lot of people successfully treat and stop their hands sweating without any risk or side effects." said Alexie.

Recognized by the International Hyperhidrosis Society (IHS), iontophoresis treat excessive hands sweating by passing low intensity electric current through the skin of the hands immersed in shallow trays filled with water.

While it's not entirely understood how or why iontophoresis works to stop sweaty palms, but it's believed that the electric current and mineral particles in the water work together to microscopically thicken the outer layer of the skin, which blocks the flow of sweat to the skin's surface. Once this sweat output is blocked or interrupted, sweat production on the palms is, often suddenly and dramatically, "turned off".

"I'm really amazed at how dry my hands are now. I really didn't expect that such a simple treatment can help stop my hands from sweating. It's amazing." said Alexie.

Do you know that you can now stop your sweaty palms with your own homemade iontophoresis device with items found around the house? To learn more about how to build your own iontphoresis machine and how to stop your hands from sweating in just 5 days, go to: <http://www.curemysweatyhands.com>

For other additional information about how to stop and cure excessive sweating, visit: <http://www.stopsweatinghelp.com> - internet leading informational website about all aspects of excessive sweating.

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<http://www.StopSweatingHelp.com> is an independent website providing information about the causes,

treatments and remedies for those who suffer from excessive sweating.

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