

Sweaty Hands Cure - How To Cure Sweaty Palms Without Surgery

There are many ways to cure sweaty hands. Read on to find out how to stop sweaty palms with treatment and remedies that work!

Aug. 25, 2009 - [PRLog](#) -- If your palms are always sweaty, then you know exactly how embarrassing this condition can be and how it can affect your life socially and professionally.

My palms have been sweating for years and because of my dripping wet hands, I couldn't play in my school's football or basketball games as the ball would slip out of my hands, says Andy, 23 who himself has suffered from palmar hyperhidrosis since he was 12 years old.

The medical name for excessive hands sweating is "palmar hyperhidrosis" and according to scientific reports, no one is exactly sure what is the primary cause of excessive hands sweating. And yet about 1% of the world population is affected by the heavy sweating of the palms.

Fortunately, doctors say they can help. Treatments and cures for sweaty palms include:

Antiperspirants. Over-the-counter "clinical strength" and prescription brands such as Maxim and Drysol help at least one-third of people with mild hand sweating.

Botox Injections. In 2004, the Food and Drug Administration (FDA) approved Botox as treatment for excess sweating. The toxins temporarily block the release of acetylcholine, the chemical neurotransmitter from the nerves that send signals to the sweat glands. Each treatment typically works for four to eight months at a time however costs are high - typically \$700 to \$1,500 for both hands. Injections to the hands can also cause temporary muscle weakness in thumbs and fingers.

Iontophoresis. In this treatment, patients place their hands in trays filled with water that pass a mild electrical current through the skin of the hands. This causes the outer layer of the skin to thicken, blocking the flow of sweat. Each typical treatment takes 20 to 40 minutes and can be performed in the convenience of one's home. Repeated over several times a week, iontophoresis can produce remarkable results to stop sweaty palms.

Andy recently had his hands treated with iontophoresis and says it was totally worth it after trying almost every cure for sweaty palms. Recently at a friend's wedding party, he shook hands with friends and guests without stress or embarrassment. "It was an amazing feeling to feel how dry my hands are now," he says.

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 iontophoresis machine and cure your sweaty hands, go to: <http://www.curemysweatyhands.com>

For other additional information about how to prevent 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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