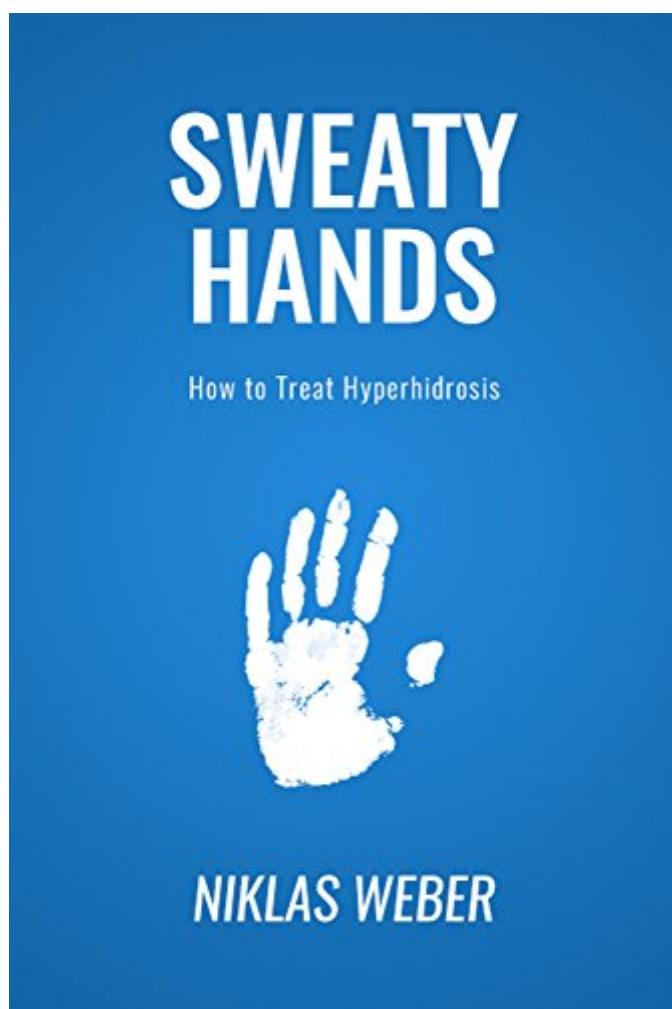


The book was found

# Sweaty Hands: How To Treat Hyperhidrosis



## Synopsis

Sweaty hands can be annoying! Hyperhidrosis is a condition that causes sweating in the palms, feet and underarms, but it can affect the face and body. If you suffer from this condition you are not alone. It is estimated that 220 million people worldwide are affected. Excessive sweating is embarrassing, uncomfortable, and can lead to social isolation. It can also affect self-image. Coping with Hyperhidrosis is a difficult struggle, but with the right treatments, you can take control and live a normal life.

What exactly is Hyperhidrosis? What makes you susceptible to it? What are the triggers that cause it? What are the traditional treatments available, and what are the side effects? Alternative methods I have tried, and that can work for you too! The book provides over 10 proven treatments to cure this bothersome ailment! In this book you will learn:

- What exactly Hyperhidrosis is
- What makes you susceptible to Hyperhidrosis
- What are the triggers that cause condition
- Traditional treatments available, and side effects
- Alternative methods I have tried, and that can work for you too!

What exactly is Hyperhidrosis? It is a condition where you sweat excessively, even when you are not physically active. It can affect the palms, feet, and underarms, but it can also affect the face and body. It can be embarrassing, uncomfortable, and can lead to social isolation. It can also affect self-image. Coping with Hyperhidrosis is a difficult struggle, but with the right treatments, you can take control and live a normal life.

What makes you susceptible to Hyperhidrosis? There are several factors that can contribute to the development of Hyperhidrosis, including genetics, stress, and certain medications. If you have a family history of Hyperhidrosis, you are more likely to develop it. Stress can also trigger sweating, especially if you are under a lot of pressure at work or school. Certain medications, such as antidepressants and antihistamines, can also cause sweating as a side effect.

What are the triggers that cause Hyperhidrosis? There are several triggers that can cause sweating, including stress, exercise, and hot weather. Stress is a common trigger, especially if you are under a lot of pressure at work or school. Exercise can also trigger sweating, especially if you are working out in a hot environment. Hot weather can also trigger sweating, especially if you are sweating a lot.

Traditional treatments available, and side effects: There are several traditional treatments available for Hyperhidrosis, including antiperspirants, Botox injections, and surgery. Antiperspirants are over-the-counter medications that help to reduce sweating. Botox injections are a medical treatment that involves injecting a toxin into the sweat glands to reduce sweating. Surgery is a last resort treatment that involves removing the sweat glands.

Alternative methods I have tried, and that can work for you too: There are several alternative methods that I have tried, and that have worked for me. These include:

- Wearing moisture-wicking clothing: Clothing made from moisture-wicking fabrics, such as cotton and polyester, can help to absorb sweat and keep you cool.
- Using a fan: A fan can help to cool you down and reduce sweating.
- Washing with a deodorant: Deodorants can help to reduce sweating by blocking the sweat glands.
- Using a humidifier: A humidifier can help to reduce sweating by increasing the humidity in the air.
- Wearing a sweatband: A sweatband can help to absorb sweat and keep you cool.

ff Ñ•Ñ–v you will be Ñ–n Ñ•t Ñ Ñ Ñ–ng it. About the Author Hi! I am Niklas and I'm a 25-year-old German/American who is currently finishing his degree in Economics at the FU Berlin. I am very passionate about reading, running, working out, traveling and trying out new things, the odder the better. Ever since I can remember, my hands have sweat profusely. That made my time at school quite a struggle, as my friends were not too keen on touching hands with me, let's not even start with girls. I was never bullied or felt left out, but I was not treated like all the rest of the kids. When I moved on to university and had to start relating again with people, that's when I decided I had to find a solution to my hyperhidrosis. I started studying a lot about the subject and consulting with different doctors. This book is a compilation of what I have discovered and what has worked for me over the past 3 years. This with the intention that if you suffer from the same ailment I suffer, you can inform yourself and take action about different ways to control your sweaty hands.

## **Book Information**

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I felt a lot better after reading this, I will definitely follow the instructions and hope for the best.

Thanks to the author.

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