

Removing Sweat - Is It Always Good?

Sweat is considered a nuisance by all of us. We equate sweat with smell and mess. That is why we buy anti-perspirants and deodorants to smell good. Is always good for us? What about the attraction of women in your life due to sweat? Let us discuss it.

Sweat- Types

We have two types of sweat glands-apocrine and eccrine. We are born with eccrine glands. But we develop apocrine glands only after puberty. The apocrine glands create a different kind of sweat. This sweat is much more of fatty matter. The eccrine sweat is more of water.

Apocrine Sweat and Pheromones-

The apocrine sweat is supposed to contain *pheromones*. Pheromones entice a potential partner in order to all of us. In our quest to smell good, we remove all the apocrine sweat and along with that all the pheromones. We eliminate what nature gave us to attract.

Body Odor and Attraction-

You can keep body odor away by keeping the skin dry of eccrine sweat. That will stop the bacteria produce odor with eccrine sweat. you should remove the apocrine sweat at regular intervals. Just take away the sweat and let it not accumulate. But if you don't work with a deodorant on the areas where you produce apocrine sweat, you may be surprised with the good results. Try and see. To learn more about perspiration and the way to keep body odor away, click here- [Perspiration](#).

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Related links :- 1- Quiz: Do you know Information about Perspiration? 2- Body Odor

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