

# Removing Sweat - Is It Always Good?

**S**weat 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](#).

## This Article is Actually Only for Informative Purposes

This article is not intended to be a medical advise and it is not a substitute for professional medical advice. Please consult your doctor for the medical concerns. Please follow any tip given in the following paragraphs only after talking to your doctor. The author is not liable for any outcome or damage resulting from information obtained from this article.

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

DoctorGoodSkin.com is an online skincare guide where you can find a lot of information, articles and tips about skin diseases and conditions, skin treatments and procedures, skin care, skin care products, etc. You will also find information about hair and nails. A unique feature of this portal is the skin and health quizzes, by which you can test your knowledge about various skin, hair and nail disorders. The most popular topics on the site include acne, hair removal, dangerous skin cancers, sweating, surgical procedures, aging, dandruff, and so forth.

**Disclaimer:** Content in this document is an advertisement, therefore it may be biased and should not be considered an objective or independent review. Owner of this document may be compensated when you purchase a product by clicking a link in this document. The views and opinions expressed in this document are purely of the author. Any product claim or other representation about a product or service should be verified with the manufacturer, provider or party in question. Any health information in this document is for educational purposes only and is not intended to replace the advice of your health care provider.

