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100% Effective Natural Hormone Treatment
Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

The Sweat Stops Here

By Adrian Richards MBBS, MSc, FRCS (Plast)

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As many as one in 100 individuals across the UK suffer from severe excessive sweating or hyperhidrosis, according to the clinical paper Boni R. in Kreydon OP, Boni R, Burg G (eds); Hyperhidrosis and Botulinum Toxin in Dermatology. Many more people suffer from mild or moderate forms of the medical condition.

If you're one of those unlucky individuals afflicted with the embarrassing condition and are familiar with clammy handshake syndrome or underarm perspiration overload then don't get in a sweat about it! Thanks to an established treatment offered by SWEAT BREAKER, specialist in the provision of non-surgical procedures for excessive sweating, help is at hand to wipe out the problem.

Founded by respected consultant surgeon, Mr Adrian Richards, the company is committed to treating excessive sweating in localised areas including armpits, hands, feet, head and face. The straightforward procedure, in the form of Botox® injections, is highly effective and will keep excessive sweating under control. The virtually pain free process involves injecting a tiny amount of Botox® solution just under the skin, in approximately ten to 15 different sites, at 1cm intervals, using a very fine needle (the same type of needle that is used for premature babies). All in all, the treatment takes only 10 minutes, its effects last on average of seven months and results can be expected in a little as three days.

Botox® treatment has been used successfully for over 20 years and is backed by extensive clinical trials, with over 1400 medical research papers showing it to be safe. The treatment, which is administered by a highly trained medical practitioner, works by blocking the action of nerves that supply the eccrine glands, preventing them from producing sweat.

Prior to the treatment, a dedicated team of highly trained staff will talk you through the procedure whilst a medical practitioner will assess you in order to ensure that you are a suitable candidate for the treatment.

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"Hyperhidrosis is a genetic condition which blights many people's lives and often has a profound effect on self esteem and confidence levels," commented Mr Adrian Richards, MSc, FRCS (Plas) Consultant Plastic and Cosmetic Surgeon. "Traditionally, the only solutions available for excessive sweating have included strong antiperspirant deodorants, topical applications of aluminium chloride and, in severe cases, invasive and extensive surgery such as curettage involving scraping out the eccrine glands - a mutilating, potentially dangerous and incredibly painful procedure with varying results. I am delighted to be in a position to offer sufferers a simple, safe, effective and proven non-surgical procedure that will eradicate the problems for months at a time."

Like it or not, we all have to sweat in order to maintain a regular body temperature. If your body is too hot, blood vessels dilate to let more blood reach the skin, where the blood cools. Then sweat glands produce more sweat, and that evaporates to cool the skin. But for many people, sweating doesn't just occur when the body overheats. Exercise, stressful situations, anxiety, even alcohol, or spicy food can

trigger hyperhidrosis. In extreme cases, excessive sweating can occur regardless of an individual's situation or state-of-mind. What's more, concern over the condition breeds sweating.

So in future, don't work yourself up into a sweat about it. Opt for SWEAT BREAKER's tried and tested treatment for lasting results.

SWEAT BREAKER has a nationwide network of treatment centres. For further information or to find your nearest treatment centre visit

or call the information line on telephone

number 0845 2300015 for specialist and sympathetic advice.

An image can be emailed on request.

Note to editors

·Botulinum toxin A (Botox®) is a chemical produced by the Clostridium bacteria. Botox® is a protein derivative of the toxin.

Mr. Adrian Richards is a respected consultant surgeon and founder of SWEAT BREAKER, the company is committed to treating excessive sweating in localised areas including armpits, hands, feet, head and face.

How To `Stress Relief' Easily?

By Darry J.Oswald

Steam bathing provides a cardiovascular workout without stress or strain on your joints. Your heart rate will speed up 50-75% in a 20-minute steam bath. This goes a long way to speeding up your

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metabolism, thus helping you burn fat. It is about the same as going for a long walk. Some people are under the conception that steam baths raise your blood pressure. While this is true, it also expands your blood vessels to compensate.

Stress Relief

In today's fast-paced world, we are rarely able to take time for ourselves, to relax, and just let our bodies rest. It has been proven time and time again that stress plays a huge role in our physical health and mental well-being. A sauna session is a great way to kick back with a good book or your favorite music and just relax.

Sweating

Sweating is as essential to our health as eating and breathing. It accomplishes three important things: rids the body of wastes, regulates the critical temperature of the body at 37 degrees C (98.6 degrees F), and helps keep the skin clean and pliant. Many people, in this sedentary age, simply don't sweat enough, making sweat bathing particularly desirable during these times. Antiperspirants, artificial environments, smog, synthetic clothing, and a physically idle lifestyle all conspire to clog skin pores and inhibit the healthy flow of sweat. These detrimental effects are reversed in a sweat bath.

A Finnish doctor wrote: "The best-dressed of foreigners can come into a doctor's office, and when his skin is examined, it is found to be rough as bark. On the other hand, as a result of the sauna, the skin of any Finnish worker is supple and healthy." Properly cared for skin is better able to resist eczema, athlete's foot, pimples and blackheads.

Furthermore, combining sweat bathing and brushing with a loofa or rough brush removes flakes of dried skin cells that accumulate on the epidermis. If allowed to remain, they can clog sweat pores and oil passages and result in dry, flaky skin.

Blood Pressure

One Finnish study observed that whereas blood pressure of healthy persons remains approximately normal in a sweat bath, there occurs a marked reduction of pressure in persons suffering from high blood pressure. However, this effect is only transient, and the original condition returns soon after the sweat bath.

We urge you to find out what 15 Minute Sauna Therapy can do for you at

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