

Is Body Odour Due to a Lack of Deodorant?

Many people are concerned about body odour. Unfortunately the “treatment” may backfire.

Here are three examples:

- A 15 year old boy found that his ability to play soccer went from great to ghastly.
- A ticklish cough irritated a middle aged man and those within listening distance.
- A lady experienced the exhaustion of Chronic Fatigue syndrome since getting married.

In these three cases, the causes were a sensitivity to the chemical cocktails found in deodorants, perfumes and new husband’s aftershave respectively.

Enormous amounts of research, money and marketing goes into creating cosmetics. Perfumes are a mixture of fragrant essential oils and aroma compounds, fixatives and solvents used to give the human body, objects and living spaces a pleasant smell. Some perfumes are completely natural but most modern perfumes are almost exclusively made from synthetic odourants that are commonly synthesized from coal tar and petroleum distillates, pine resins, or other relatively cheap organic feedstock.

Health problems include asthma, allergic skin conditions and hormone disruption. Bad body odour is also, perhaps paradoxically, common as detoxification pathways in susceptible people are unable to work effectively. Totally natural aromas and perfumes are not exempt.

Simple Tips:

Be subtle and minimize the use of deodorants and fragrances.

Consider a low allergy underarm deodorant and apply fragrances to your clothing rather than directly on your skin.

If your sense of smell or taste is poor, it is a great idea to see me for a zinc taste test as zinc deficiency is a likely problem. Zinc has all sorts of benefits. One lady reported that her libido came back from a single test dose of liquid zinc!

Dr. Pete.

P.S. Please refrain from applying fragrances prior to seeing me for a consultation as a number of clients are sensitive to the ingredients.

P.P.S. Thank you to the many people who have wished me well with the relocation to the new relaxed home office in Glen Iris. The proposed new clinic in Ashburton is on hold for an indefinite period pending the town planning process.