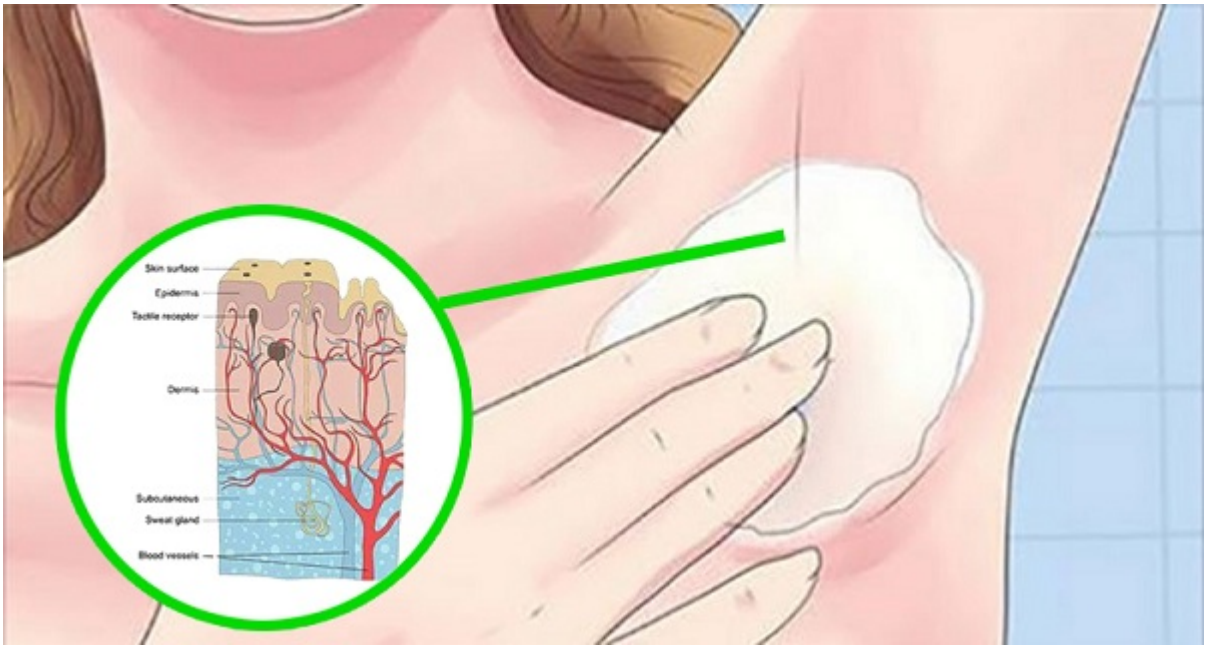
HEALTHY TIPS

Here Is Why You Need Armpit Detox And How To Do It

By bestfolkmedicine · 24/01/2019 · 2 min read



By detoxifying through the armpits, we can help our body remove buildup of toxins on the skin. Moreover, it can lower the sweat glands' capacity and the unpleasant odor being secreted.

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

According to some research, armpit cleanse may strengthen the immunity and lower the chance for cancer. Unfortunately, the store-bought deodorants and antiperspirants we use on the daily get absorbed into the skin and when used on the daily for a prolonged period of time, they can lead to accumulation of chemical residue on the skin. This can cause numerous issues.

This is why we need to detoxify our armpits on a regular basis. Continue reading the article to learn how to do this in a couple of simple steps.

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How to Detoxify the Armpits

Luckily for you, this is an easy and affordable detox method and it requires only 3 simple, yet potent ingredients. Here is what you will need for this detox:

A tbsp of bentonite clay

A tbsp of ACV

1 to 2 tbsp of water

A bowl

Non-metal utensil

Preparation & Application: Mix the ingredients in a bowl using the utensil. The needed thickness is similar to that of yogurt. Then, evenly spread the paste under each armpit. Leave it on for a couple of minutes and gradually increase the duration to 20 minutes. Afterwards, rinse off with warm water.

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });
In case the armpits redden, do not worry- this is a normal reaction and harmless. But, if you experience itchiness accompanied with redness and swelling or any other unpleasant symptom, wash it off right away.

Repeat the method on the daily until natural deodorants no longer irritate your skin and until there is no unpleasant odor being released.

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

The Benefits of Armpit Detox

- **Helps you transition to a natural deodorant easier**
- **Eliminates sticky buildup and all chemicals**
- **Lowers the risk of disease and enlarged lymph nodes**
- **Reduces unpleasant smell**

Why Should We Cease Our Use of Store-Bought Deodorants

- ***A potential link with breast cancer***
- ***They contain dangerous chemicals like parabens and aluminum***
- ***May trigger skin allergies***
- ***Practically ineffective- they contain only small amounts of antibacterials to address the odor and sweat***
- ***Not always necessary- some people do not smell as bad as they think and others are genetically predisposed to sweat scarcely or at all***

Sources:

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