

## Changes in Body Odor

I can't live, whiff or whiff out you!!!! I'll never complain about a bad hair day again after experiencing to the bad smell days of menopause! I honestly don't know if that's me or a dead skunk causing everyone around me to run and scream. Wouldn't it be nice if it was body odor that dried up instead of your vagina?

During menopause, body odor can increase in your feet, armpits, genital area, breath and even on your head. It's a misconception to think that all sweat causes body odor. There are actually several types of sweat that occur. Sweat from exercise, from heat... and the smelliest of all is caused by stress! Now stress alone is not to blame but rather the combination of stress and sweat. The glorious hormonal imbalances of menopause are responsible for a variety of stress and sweat inducing symptoms. Night sweats, hot-flashes, anxiety, mood swings are just a few that bring on extra stress and can that combined with sweat leads to quite a stinky scenario.

Tammy Wynette was right.... "Sometimes, it's hard to be a woman." While some women may consider hormonal treatments for the symptoms of menopause, many other women pursue natural routes. While you may not be able to control when and how much you sweat.... you can control what you eat, what you wear and how often you shower and change you clothes. Wearing breathable clothing that does not cling to sweat can reduce body odor. There are also several foods to avoid like garlic, onions or spicy ingredients that can increase your likelihood to stink. Wearing a strong deodorant may help to conceal the stench as well. Good luck ladies! I would salute you but I'm afraid to raise my arm and smell what's underneath.