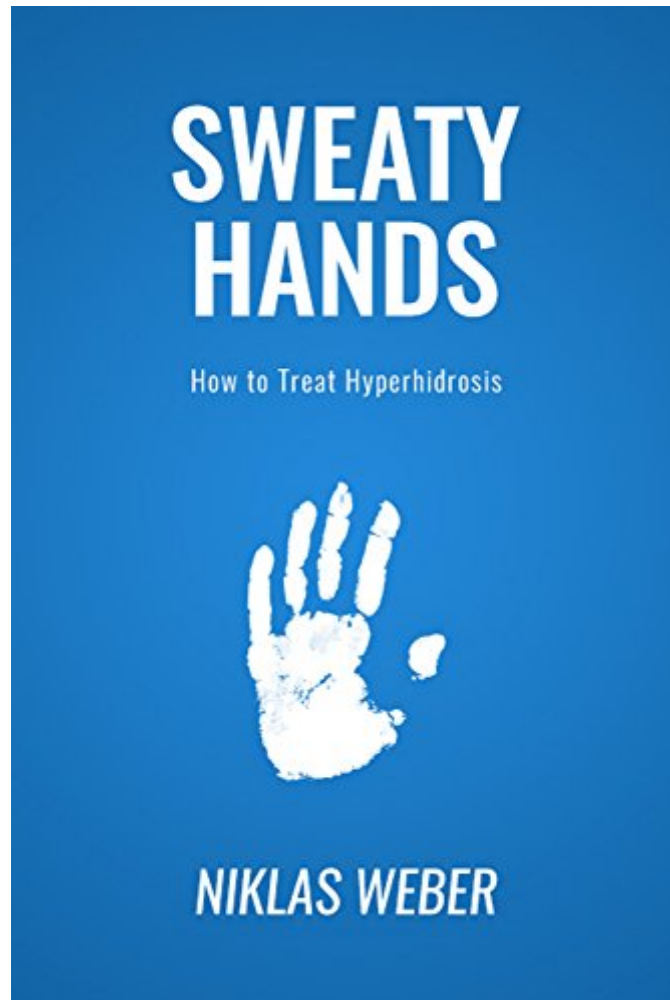




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Sweaty Hands: How To Treat Hyperhidrosis



Synopsis

Sweaty hands can be annoying! Hyperhidrosis is a real medical condition that causes excessive sweating on the palms, feet and underarms, but it can also affect the face and body. If you suffer from this condition you're far from alone. It affects men and women in all age groups and it's estimated that over 220 million people worldwide are affected. Excessive sweating is embarrassing, uncomfortable, and can affect your quality of life, self-image, and social interactions. Coping with hyperhidrosis is a daily struggle for many people, but there are treatments available that can help you control the condition and live a normal life. This book provides over 10 proven treatments to cure this bothersome ailment. In this book you will learn: What exactly Hyperhidrosis is What makes you susceptible to Hyperhidrosis What are the triggers that cause the condition Traditional treatments available, and side effects Alternative methods I have tried, and that can work for you too. The goal of this book is to help you live a normal life without resorting to surgery or other extreme measures. The greatest thing about it is that you don't need to live with it. I've found a way to control hyperhidrosis and I want to help you do the same. So you can adopt some of the best treatments available, it's your choice. I guess I thought once I'd dipped your toes into the world of hyperhidrosis, you'd be more interested in the principles and the satisfaction of dry hands and feet! The greatest freedom for me has been the realization that I can do anything I want to do. If from now on I'm not afraid to live a normal life, you're not too. The more principles you adhere to, the more

ff Ñ•tÑ–v you will be Ñ–n Ñ•t Ñ Ñ Ñ–ng it.About the AuthorHi! I am Niklas and I'm a 25-year-old German/American who is currently finishing his degree in Economics at the FU Berlin. I am very passionate about reading, running working out, traveling and trying out new things, the odder the better.Ever since I can remember, my hands have sweat profusely. That made my time at school quite a struggle, as my friends were not too keen on touching hands with me, let's not even start with girls. I was never bullied or felt left out, but I was not treated like all the rest of the kids. When I moved on to university and had to start relating again with people, that's when I decided I had to find a solution to my hyperhidrosis. I started studying a lot about the subject and consulting with different doctors. This book is a compilation of what I have discovered and what has worked for me over the past 3 years. This with the intention that if you suffer from the same ailment I suffer, you can inform yourself and take action about different ways to control your sweaty hands.

Book Information

File Size: 324 KB

Print Length: 59 pages

Simultaneous Device Usage: Unlimited

Publisher: Gaius Publishers; 1 edition (November 23, 2015)

Publication Date: November 23, 2015

Sold by:Â Digital Services LLC

Language: English

ASIN: B018GEK93Y

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #933,062 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #102

inÂ Books > Children's Books > Growing Up & Facts of Life > Health > Physical Disabilities #229

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Customer Reviews

I felt a lot better after reading this, I will definitely fallow the instructions and hope for the best.

Thanks to the author.

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