The Sweaty Palms Program

By Donald Wallett
Legal Stuff

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I am not a doctor. I do not intend to cure or treat any disease. I am simply sharing the experiences I have had with underarm perspiration and the things that worked for me and others who have read this book. This information is provided for educational and informational purposes only and is not intended to be a substitute for a health care provider’s consultation. I shall have neither liability nor responsibility to any person or entity with respect to any loss, damage, or injury caused or alleged to be caused directly or indirectly by the information in this report.

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I’m not a trained or professional practitioner of alternative or holistic medicines, nor have I any kind of medical background. Please feel free to use this book as you see fit, but remember that all the information contained within these pages is just that: information. Nothing more, nothing less. If you feel that any of the treatments I have outlined might work for you, I strongly urge you to first consult with a trained medical professional, your doctor or physician, or a trained herbalist, or other such trained professional, before you go through with any of the them. I would just like to stop and say here that if you have abnormal sweating, foul smelling odor or any other sweat related problem which only recently started up or which has become worse over time, you should really consult with your doctor to see if there is an underlying medical cause.
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Foreword

I’m Donald Wallett, founder of the Sweaty Palms program and I want you to know I used to be where you are now and I remember how tough it made life and how alone I felt.

You’re no longer alone.

Sweaty Palms Program contains the most valuable information and processes that I could ever give somebody that wants to stop excessive sweating. As you progress through the system, you will definitely notice a dramatic reduction in sweat.

I remember how awkward and embarrassing meeting new people was, obviously you feel obligated to shake their hands, but how can you make a good first impression with a sweaty palm? I either avoided it completely or tried to subtly wipe my hand on my leg before, which of course, was fooling nobody.

I read all the books and tried all the programs I could find to help me beat my sweaty palms, and some were decent, but they just weren't enough.

I tried hypnosis, herbs, soaps etc. you name it...I gave it a shot. I was desperate.

When it was all said and done, I wasn't any better and I was even MORE scared and hopeless because my options were running out. I started to feel depression creeping in...

It took me a long time to find the way to beat sweaty palms, but I eventually did and now I'm happy to say that those days spent in panic and apprehension are a distant memory.

After I overcame my sweaty palms, I made the decision to develop the Sweat Palms Program because I remembered the frustration I felt at not being able to conquer my problems.

I don’t have a problem with anxiety anymore (it's been almost 10 years now), I don’t avoid situations, and in all honesty, I think I’m actually BETTER than before my anxiety
started. It's like I was given the opportunity to start my life over. I want to give you that opportunity.

Follow my process

This book took us more than 10 years to develop and perfect. It is THE most effective solution to excessive palm sweating. It outlines the lessons learned and methods implemented to successfully cure my excessively sweating palms.

It is my hope that by following the steps in this document you will be able to replicate my methods and free yourself of sweaty palms before the month is done.

Good luck and enjoy!

D.Wallett
Introduction

Firstly, moderate sweating is a completely natural biological process the body uses to help control body temperature to keep everything operating efficiently. There is nothing wrong with sweating, the problem occurs when this natural process turns to excess. This condition is defined in medical terms as hyperhidrosis.

There is no set limit to what qualifies as “excessive”, it is down to the individual patient. Although, during strenuous activities, such as intensive labor or on a particularly hot day, high levels are sweating are perfectly normal and nothing to be worried about.

What’s the real issue?

The bottom line is something is that if you have excessive palm sweating, there has to be an imbalance somewhere in your system, whether it is physical or psychological. The disproportion could be located in your endocrine system, nervous system or in your thoughts and beliefs; any of these could cause excessive sweating. (When we refer to ‘imbalance’ we’re referring to any unease. That is, an area where there is an absence of ‘ease’, causing a presence of irritation, aggravation, and imbalance.)

One of the biggest mistakes is concentrating on “How do I stop sweating?”, this is definitely NOT the way to find a solution. In fact, this can often have negative effects on treatment. Similar to riding a bike blind-folded, it just won’t work out!

The Sweaty Palm Program instead takes a different approach, taking the back-door method. This allows you to locate the core of the problem, target it and then treat the very heart of the issue.

When this imbalance is addressed and corrected, excessive sweating has no chance of survival! It’s a simple, unique and often overlooked theory, but has proved to be extremely effective for many. By following the step-by-step methods in this book, you will reach your ultimate goal of being sweat-free.
Let’s get started right away then.

**What is sweat?**

This book is all about sweaty palms and what you can do to stop it, so let’s go into further details about sweat. If we’re going to treat something, it’s best we understand what exactly we’re getting rid of.

To put it simply, sweat is part of the process called *homeostasis*, this process is used to cool the body down. It is a clear and odorless liquid substance secreted from the sweat glands that, in excessive amounts, can cause unnecessary distress.

Now, although we may wish we could stop the sweating entirely, you must realize that sweating is a normal and essential bodily function. Sweat serves to cool off and lubricate the skin; especially in areas that may rub against other areas of skin, such as the palms. It is also an important means of elimination for the various toxins you are exposed to on a daily basis. If you have Hyperhidrosis, whatever method you choose to deal with it should not stop this natural and necessary mechanism.

Sweat is also used to secrete waste products; however this is only a minor role of the sweat glands.

There are over 3 million sweat glands that empty out into sweat pores located all over your body and over 50% of these are concentrated on the hands and feet, making them
very sensitive areas.

What causes sweat?

As with all illnesses, understanding how it develops is the absolute key to successfully treating it. There are two main reasons why humans normally sweat;

A response to an increase in temperature. The brain tells the body to sweat in order to keep it cool in order to maintain optimal body temperature. For example; hot weather, manual labor.

In response to emotional factors such as anxiety or stress. Furthermore, in high-stress situations such as before a first date, meeting an angry boss, an interview etc. the Sympathetic Nervous System (SNS) takes over in what is commonly known as the ‘fight or flight response’. As a reaction to danger, excitement or psychological stress the SNS sends most of your blood to your heart, lungs, and large muscles so that you can have the strength and endurance to successfully handle the situation. It also senses the increase in body
temperature that comes with these fight or flight situations, and sends a signal to your sweat glands to produce sweat to cool you down.

This means sweating is an involuntary process – we have no conscious control over it. Sweating, along with breathing and jerking your hand away after touching a hot stove is an involuntary action – and is largely beyond out control.

However, excess sweating is different. Excessive sweating of palms is what is technically referred to as “hyperhidrosis”. Sweat glands and hence excess sweating are under the control of the Sympathetic Nervous System (SNS). This basically means that you sweat when most people would not because your nervous system overreacts to certain stimuli.

For example, in a interview, your SNS over reacts to the stress stimuli, this sends a message to the hypothalamus in the brain, which sends nerve signals to the sweat glands and they produce substantial amounts of sweat. It doesn’t matter the environment you are in, the reaction will be the same. Ever heard of a “cold sweat”?

**Excessive Sweating Myths**

When it comes to medical conditions, there are a whole load of myths out there and excessive sweating is no different. If you sweat too much, here you are common misconceptions you must pay zero attention to.

**Myth: Drink less water**

This myth is not only untrue but dangerous. Yes, if you had no water in your body and were completely dehydrated you could not sweat, but you would be suffering from many health problems and might even die. If you take in too much water during the day, it’s going to come out in your urine as opposed to seeping out of your pores in the form of sweat. Drinking water can actually reduce your sweat by controlling internal body temperatures and is a good thing.
Myth: Using better antiperspirants will solve the problem.

Spraying antiperspirants on your palms may cool you down for a few seconds, but it will not stop the sweating. Plus, having chemicals on your hands can be dangerous and many are quite sticky!

Myth: If you just stop moving and relax, you will cool down and stop sweating.

Now, for 97% of the population this may be true. However, those that sweat excessively do not share this luxury. Stopping movement will not help the problem as it is not the cause of it. The cause is often an overactive nervous system which effects the sweat glands, meaning even if you’re sitting still, sweat will continue to pour out.

Myth: Changing your diet won’t help with too much sweating.

Diet does effect sweating. Research has proven this. Certain foods, for example spicy foods can cause you to sweat as this effects the internal imbalance of your body. Furthermore, eating too much food can cause you to gain weight, which acts as insulation and will make you warmer and causes you to sweat more often.

The Number 1 Mistake You’re Making

It’s available all over the world, but 99% of people do not get enough of it. As we mentioned in the myths section above, many believe if they drink less they will sweat less. In fact, you need to be doing the absolute opposite, drinking lots and lots of water to replenish that lost from sweating.
You should aim to drink 2.5 liters per day of water, which is roughly eight 8-ounce glasses. However, you should intake it slowly over the course of the day, not all at once.

A simple and easy way to check if you’re getting enough water is to look at your urine, if its dark, then you’re not getting enough. You should aim to be a lighter colour, almost clear.