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 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.
Table of Contents
Legal .................................................................................................................. 2
Disclaimer .......................................................................................................... 2
Foreword ........................................................................................................... 6
Introduction ....................................................................................................... 8
Excessive Sweating Myths .................................................................................. 12
The Number 1 Mistake You’re Making ............................................................... 14
The 3-Part Attack Treatment ............................................................................... 15
METHOD 1 ...................................................................................................... 15
Part 1 ................................................................................................................ 15
Part 2 ................................................................................................................ 18
Equipment ........................................................................................................ 18
Instructions ....................................................................................................... 19
METHOD 2 ...................................................................................................... 22
Sage has now been scientifically PROVEN to reduce sweat by ......................... 22
Substances to avoid .......................................................................................... 25
METHOD 3 ...................................................................................................... 26
Cooling Imagery ............................................................................................... 26
Deep Breathing ................................................................................................. 27
Conclusion ........................................................................................................ 27
Make it part of your daily routine ..................................................................... 28
Seeing Results .................................................................................................. 28
Resources ......................................................................................................... 30
**Foreword**

I’m Don, 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!

Don
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.
The 3-Part Attack Treatment

I tried many treatments for my sweaty palms and not one has worked completely, so over the years, through trial and error, I developed the 3-Part Attack System. This treatment plan targets each feature of the problem at its core; the physical, the body and the mind.

METHOD 1
Part 1
This method focuses on the physical aspect of the problem, the sweat glands, by using this method you will unclog the pores.

Firstly, get a loofah sponge, you can buy them from any decent local body shop, from Amazon.com or you may already have one lying about in your house! I find the rougher the loofah, the better it works. Then fill the sink with warm water and wet the loofah. You can do this while in the shower as well. Then start scrubbing your hands under the running water. Remember, no soap is needed.

Now, here’s how to do it, because it has a trick, each hand has 7 different areas. These are 1. the palms, 2. the fingers (same side as palms), 3. the fingers (the other side), 4. the thumb, 5. the side of the hand covering the thumb and 6. the forefinger, and 7. the other side of the hand (of the small finger).
On each area, scrub steady circular firmly around 25 times clockwise, then 7 anticlockwise, of the loofah, and times anticlockwise.

It is important that surface of the hand fingers because it with smooth and movements, softly but times clockwise, then then use the other side scrub another 10 you cover every (except between the can’t be done). This
should take you 20 minutes and you should do it once every day to both hands.

Notice that the number of times to scrub is approximate, that is the exact formula that I found the best results with. Just do it, and if you don’t see results right away (you probably won’t) just keep doing it and take it easy. You may find you’ll need to alter the number of times to scrub to suit your skin.
Part 2

This is the second part of the physical treatment, this part is absolutely crucial to the success of getting rid of sweaty palms. I’ve laid it out as best as I can, if you have any questions, don’t hesitate to ask via my e-mail: don@sweaty-palms.net

Equipment

This is the equipment you’ll need to carry out this method, you can pick up everything from your local hardware store or convenience store.

- 2 x Stainless Steel Pans/Trays
- 2 x Crocodile Clips
- 1 x 12 volt battery
- 1 x Jug of Tap Water
- 1 x Towel
You can pick up all this equipment for around $20 or less, and this is all you will ever need.

**PLEASE READ**

You should not be concerned about the electrical current as 12 volts is very low. However, if you’re pregnant, have any heart condition or pacemaker, please do not attempt this.

**Instructions**

1. **Connect the clips**

   Connect one crocodile clip to the stainless steel pan/tray.
Connect the other side of the wire to the battery.

Do the same with the other wire and connect it to the other pan.

2. Fill the pans with tap water
Fill the stainless steel pan/tray about half-way to the top, when you pet your hands in, the water will naturally rise up.

3. Place your each other your hands in a pan.

Submerge your hands in the water, placing your fingertips on the bottom, with your palm above the bottom of the pan/tray. Leave your hands in the pans for 10 minutes.

4. Switch the wires around.

Remove your hands from the pans and dry them off using the towel. Then switch the wires around, this will reverse the polarity. So, using the picture above, the red wire would now be where the black wire is and the black wire would be where the red wire is.

5. Do this every day for a week.
It’s important you do this every day for a period of 10 minutes PER hand. Most people generally see results within a week.

**WORD OF CAUTION**
DO NOT let the stainless steel pans touch while there is a current running through them, this will cause sparks.

**METHOD 2**
This method focuses on treating the imbalances within the body by ingesting natural supplements.

I’ve found sage tea to be **VERY** effective for reducing excessive sweating. Herbalists suggest drinking a cup or two of sage tea daily to reduce sweat gland activity - especially true for those who perspire excessively due to tension.

Sage has now been scientifically **PROVEN** to reduce sweat by **up to 50%!!!**

Sage has a very long history of effective medicinal use and is an important domestic herbal remedy for disorders of the digestive system. Sage has many talents…

- It eliminates night sweats, cold sweats and hot flash sweats
The effect is generally noticeable within just two hours and can continue for a day or more from a single dose. Several scientific studies show that Sage cuts perspiration by as much as 50%, with the effect peaking 2 hours after ingestion.

- **It calms irritated nerves**

Mineral-consolidating sage is rich in mellow calcium, calming magnesium, peppy potassium, sexy zinc, and anti-stress thiamine.

- **It relieves emotional swings**

Sweating doesn’t remove toxins from the body, but it does remove minerals. When you sweat profusely, the mineral loss can cause dizziness, trembling, emotional swings and even joint pain. Sage not only stops sweating and the resulting mineral loss, its rich mineral reserves help you make up for previous depletion.

The treatment, tested by a group of researchers at the *School of Medicine, Isfahan University of Medical Sciences* in Iran, is a simple “tea” solution made from dried sage leaves and water.

The solution was simply applied to the skin (they didn't drink it) where excessive sweating was a problem. After six weeks of this treatment the people in the study who received the tea experienced significantly more relief from their sweating than the people who were given a placebo.

In fact, the solution was shown to reduce sweating in the hands, feet and under arms by as much as 37%!

**How to make Sage Tea to control perspiration:**

Sage tea stops sweating and is frequently used to help stop night sweats. The tea should not be boiled, just steeped and it is most effective served cold. Here are the ingredients;

- 1 tablespoon *fresh sage leaves* or 1 teaspoon *dried sage*
- 1 cup *water*
- 1 wedge *lemon* (optional)
Bring water to a boil. Remove from heat and put sage in the water. Let steep for about 5-10 minutes.
Strain, pour in cup, add lemon, if desired, and drink. You may drink this hot or cold in small doses throughout the day. Enjoy!

Caution:

Sage can be toxic when taken internally in large doses or when taken for extended periods as it contains relatively high levels of the toxic chemical, Thujone. Rest assured though - the toxic dose is very large.

Heating Sage to make an infusion eliminates much of the chemical, so the risk from medicinal amounts is negligible.

There have been reports of inflammation of the lips and the lining of the mouth from ingestion of Sage tea. If either occurs, discontinue use.

Sage is to be avoided during pregnancy as it can stimulate uterine contractions. Do not use cold sage tea while nursing so as not to affect the flow of milk.

DO NOT steep it for longer than 15 minutes because toxic chemicals in the herb will begin to steep out. That is why black or green tea, coffee (and anything else really) all have nasty effects when over-steeped.

DO NOT USE sagebrush / desert sage, (Artemisia tridentata) and DO NOT USE if you have a dry mouth or dry vaginal tissues.

Grow your own sage:
Sage is a perennial evergreen shrub that reaches about 3 feet in height. Its leaves are velvety with long stalks. Sage can be propagated from seeds or cuttings. Sow seeds ½ inch deep in spring. Sage grows well in almost any soil but requires good drainage and full sun. Harvest leaves before the flower buds open. Discard stems and stalks. Dry the leaves, then store them in airtight containers. (See resource section)

**Substances to avoid**

The following substances have been proven to increase excessive sweating, some are every-day common foods while others are not so common. Make sure you’re not having too much of any or cut it out completely;

**Beverages to Avoid**

The IHS advises avoiding certain beverages, specifically any alcoholic drinks and caffeinated beverages like coffee.

**Chinese Medicine**

In the view of Chinese medicine, one cause of excessive sweating is extra dampness in the body, which greasy and spicy foods can cause.

**Food Intolerance**
According to chiropractor and acupuncturist Ben Kim, eating foods to which you have intolerance can cause excessive sweating. Common food intolerances include dairy products, eggs, nuts, fish and shellfish, gluten, wheat, chocolate and yeast.

**Food Additives**

Certain food additives, such as monosodium glutamate, also can cause excess sweating, according to the Mayo Clinic.

Caffeine particularly can have a negative effect as it is a stimulant of the sympathetic nervous system, which, amongst other effects, increases heart rate and therefore sweating.

**METHOD 3**

This aspect of the treatment is all about the mind and how to deal with anxiety that can cause sweaty palms.

**Cooling Imagery**

This one might take some time to master, but is something that most of us can utilize without anyone being the wiser for it.
Using imagery of a cool place, or imagining yourself in the middle of a warm breeze can help you to bring down your inner temperature, which will in turn bring your sweat response back into a proper balance.

It does take a little practice to get this right, but it does work. And if you have nothing better to do than take a nap, it’s sweltering outside, and the thermostat is broken on a permanent eighty degrees, you can even use this to send you to cooling sleep. My favorite image is riding alongside the beach with the car’s top down and the salty wind washing over me.

**Deep Breathing**

Deep breathing ensures that your emotional, physical and intellectual well-being is enhanced as it allows optimum exchange of gases. This is one of the reasons why the focus of activities such as yoga and martial arts is breathing. The benefits of deep breathing include increased oxygen supply to the brain and musculature and stimulation of the parasympathetic nervous system.

Place one hand on your abdomen and the other on your chest. Breathe slowly and deeply through your nose. Be aware of the muscles in your abdomen wall pushing outward as you inhale. Inhale one count, hold four counts, and exhale two counts. So if you inhaled for four seconds, you’d hold for sixteen and exhale for eight.

Start by filling the lower part of your lungs first and feel the diaphragm move downwards. When you exhale, feel the diaphragm move up. When you are holding the breath for the four counts, your cells are becoming fully oxygenated.

**Conclusion**
**Make it part of your daily routine**

Make the 3-step method part of your daily routine, that way it becomes less of a treatment and hence easier to carry out. Think of it as just like brushing your teeth, something you have to do daily, but as its part of your daily routine, it doesn’t bother you.

You have to admit, there’s not much to it … that’s the beauty of it. It’s so simple to use day-in and day-out!

By implementing all 3 methods simultaneously you can attack all aspects of the problem at its core, giving the best possible chance at success. This is the exact same system I used to completely cure my sweaty palms.

**Seeing Results**

Once I’d implemented these results into my daily routine, I witnessed a significant and dramatic improvement in the quality of my life. My self-esteem has sky-rocketed and the effects have shown both in my social life and my job.

If you have just skimmed through this eBook, I would **highly recommend** you go back to the start and read it again in detail. To achieve the true success that you are capable of you need to follow the steps carefully.

You’ve taken the first big step to curing yourself of sweaty palms by buying and reading this eBook. Often, the first step is the hardest.

I truly believe I have delivered on my promise to give you exactly what you need to cure your sweaty palms But if there is something that I have failed to mention or if you have a question, please don’t hesitate to email me at [don@sweaty-palms.net](mailto:don@sweaty-palms.net) and I’ll get back to you right away.
I’d like to ask one simple thing of you. Would you please write to me and tell me about your experience with my solution? I’d love to hear about your experiences with my program.
Resources

**Loofah**
Click the link above to view the recommended Loofah from Amazon.com.

Or, go to [http://www.amazon.com/Natural-Exfoliating-Sponge-Spa-Destinations/dp/B004R5ZJXW](http://www.amazon.com/Natural-Exfoliating-Sponge-Spa-Destinations/dp/B004R5ZJXW)

**Sage Seeds**
Click the link above to view the recommended Sage from Amazon.com

Or, go to [http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Dbeauty&field-keywords=sage%20seeds](http://www.amazon.com/s/ref=nb_sb_noss_1?url=search-alias%3Dbeauty&field-keywords=sage%20seeds)