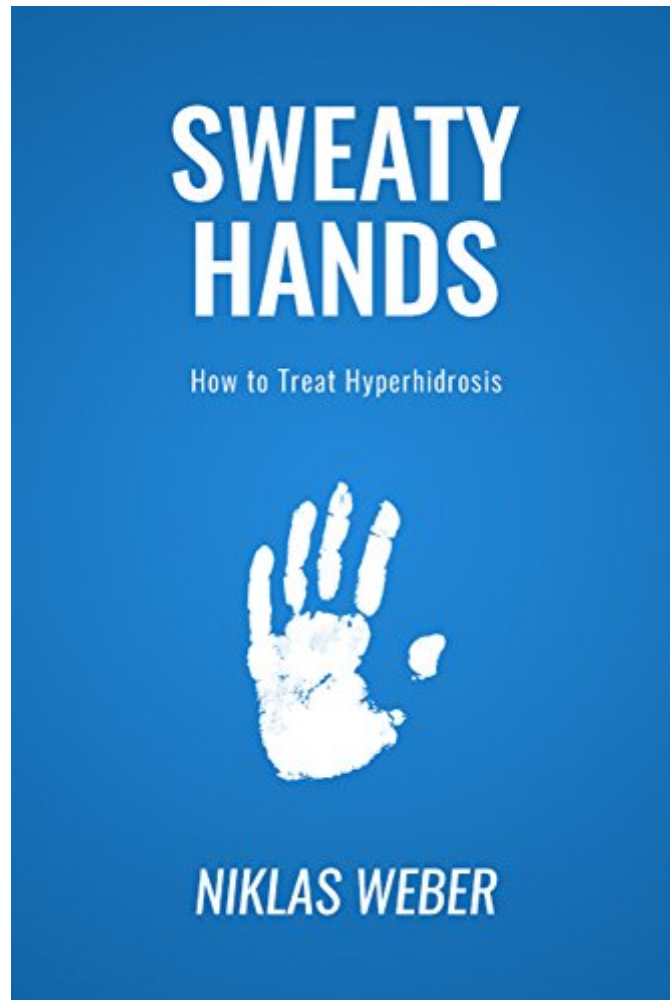




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Sweaty Hands: How To Treat Hyperhidrosis



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 millions and millions of people worldwide 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 even your ability to work. It's not just a cosmetic issue, it's a real medical condition that can affect your life. But don't worry, there are many treatments available, and with the right approach, you can gain control over your condition. 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 your 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 share it with you. So you can adopt some of the best treatments, it's your choice. I guess I thought once I'd dipped your toes into the water, you'd be hooked, but I was wrong. The more principles a part of your life, the more satisfaction you'll find. The greatest freedom for me has been the realization that I can't live without it. I'm not just a patient, I'm a person. If from now on, I can live a life where I'm not too afraid to be myself, then I'll be a free man.

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.

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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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