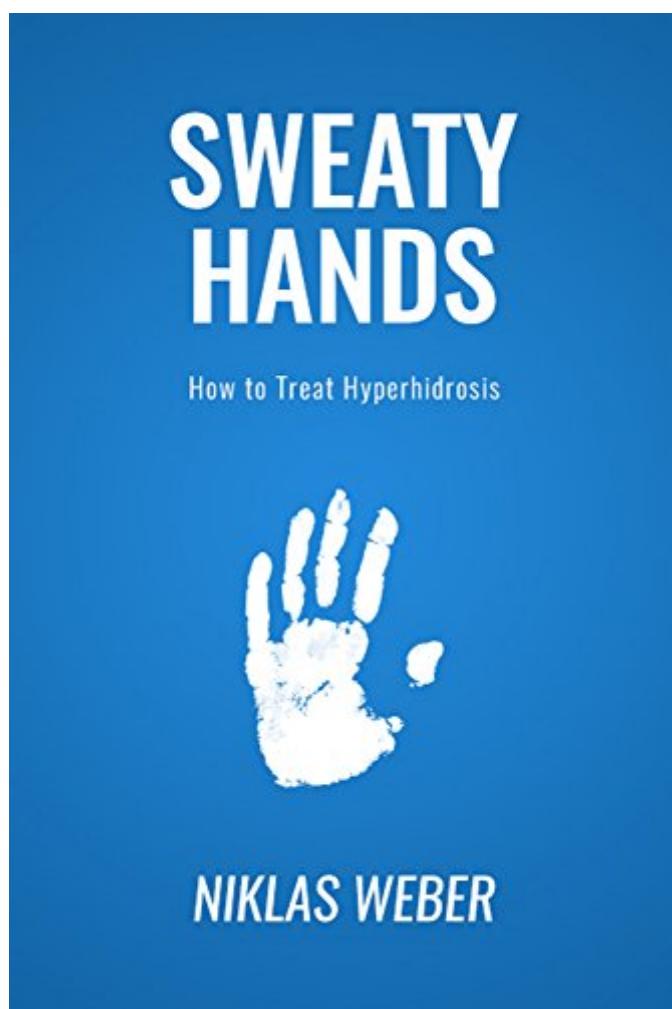


The book was found

# Sweaty Hands: How To Treat Hyperhidrosis



## Synopsis

Sweaty hands can be annoying! Hyperhidrosis is a condition that causes excessive sweating, particularly in the palms, armpits, and underarms, but it can also affect the face, neck, and other body parts. It is estimated that 220 million people worldwide are affected. Excessive sweating is embarrassing, uncomfortable, and can lead to social isolation. It can also affect self-image and self-esteem. Coping with hyperhidrosis can be challenging, but there are treatments available. 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 Hyperhidrosis, Traditional treatments available, and side effects. Alternative methods I have tried, and that can work for you too. The book also includes a section on surgery for hyperhidrosis, and a section on self-care. The book is written in an easy-to-read, conversational style, and includes practical tips and advice. The book is a valuable resource for anyone suffering from hyperhidrosis, and can help them take control of their condition.

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mÃ•Â rÃ•Â Ã•Â ffÃ•Â Ã'Â•tÃ•â "vÃ•Â you will be Ã'â "n Ã'â ¢tÃ•Â Ã'â ¬Ã'â ¬Ã'â "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

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## Customer Reviews

I felt a lot better after reading this, I will definitely follow the instructions and hope for the best. Thanks to the author.

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