**Health Benefits of Sweating**

- Improves circulation
- Accelerates metabolism
- Opens skin pores
- Cleanses the skin
- Boosts the immune system
- Uses energy & burns calories
- Relaxes body & mind
- Great for stress relief
- Helps body release toxins

Sweating is a form of exercise that helps the body to regulate its temperature & cool down.

**Mint Orange Deodorant DIY Recipe**

- 6T unrefined organic coconut oil
- 1/4C arrowroot starch
- 1/4C baking soda
- 4 capsules [400 IU] Vitamin E oil
- 10 drops peppermint essential oil
- 10 drops sweet orange essential oil

**Directions:**
- Soften the coconut oil & mix everything together until smooth.
- Store in a jar. Apply a small amount under each arm with your fingertips & gently rub in. (1/8-1/4t)
- Reapply throughout the day if needed. Store in fridge, if too soft.

Visit [www.OAWHealth.com](http://www.OAWHealth.com) for more information.

*Edible Perspective*