



# 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



- helps body to regulate its temperature & cool down
- anti-aging - produces softer skin
- releases endorphins that help with pain
- improves tone & flexibility of skin
- critical factor in body's hydration process
- contains natural antibiotics that destroy harmful skin bacteria
- can reduce cholesterol & sodium levels
- may improve sleep



**Mint Orange Deodorant DIY Recipe**  
(does not prevent sweating)

- 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. [edibleperspective.com](http://edibleperspective.com)

