

## A Message From Josh & Chris...

Hello friend, Chris Mechanic here from Bye-Bye-Excessive-Sweating.com.

I want to take this opportunity to thank you for taking the time to download and read this special report... and to congratulate you on taking an important first step to ending your struggle with excessive sweating... and the frustration and humiliation that comes with it.

If you've been on our site, you probably know that my older brother Josh and I suffered through an agonizing ordeal with excessive sweating. After a long process of trial and error... we finally cracked the code... and discovered the secrets to stopping excessive sweating FOR GOOD!

Now that we've cured our own problem, we've become passionate about helping good people like you experience the same relief... so that you can be comfortable with friends... wear whatever types of clothes you like... stop feeling embarrassed constantly... and start feeling confident and happy again.

Our goal is to give you AS MUCH valuable information as we possibly can.

It took us years to discover, practice, and perfect the unique system that we're about to teach you... but once we got it right... we were amazed and relieved to watch as our sweating problem vanished within just a few short weeks... almost like magic.

Since releasing our secrets to the public in early 2007, we have had the privilege of helping 1,000s upon 1,000s of people experience the joy, peace, and happiness that comes with the cure.

Now it's your turn...

## The 5 Things You MUST Do To Reduce Sweating As Soon As Possible...

Josh and I have discovered literally hundreds of tips that help with reducing your sweating... there's just no way we can fit them all into this short report.

So what we're going to do is give you the 5 MOST important, most powerful, most valuable tips that we can... so that you can start the process of getting back to living your life as soon as humanly possible.

Some of what you'll find in this guide are what we call "quick-fix" solutions... things that provide relief fast.

Others are what we call "full-time" solutions... things that take a little while to kick-in, but work permanently once they start.

For best results, put ALL the techniques that you find in this manual to use immediately. Do not delay even a single day. Fortune favors the bold.

### **One last word before we start...**

Many of these suggestions will be new to you. Some may sound a little unusual or impractical if you're not familiar with the biology behind how your body and mind work together.

It may help you to know that the principles you're about to learn are the same ones used by many 1,000s of other people just like you to eliminate their sweating problems.

Keep an open mind and practice these principles in a light-hearted manner, with faith. Expect... Know... BELIEVE... that the solution to your problem is already here.

Because it is.

## The Single Biggest Reason You Sweat So Much... And What To Do About It

There are dozens of things that are known to cause sweating. Things like spicy foods, caffeine, alcohol, and cigarettes... things that you've probably seen listed on other websites if you've been researching.

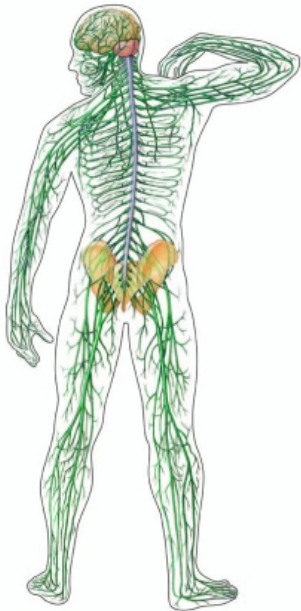
We'll go over the 6 most dangerous causes of sweating in detail in just a moment.

While these surface causes are certainly important to understand, there's a much more fundamental BASIC REASON you sweat... and that's what you should spend your time focusing on.

The BASIC REASON you sweat is because your nervous system is sending sweaty signals to your sweat glands... your nervous system is the like the 'central command center' of your body.

It controls everything.

Your nervous system is comprised of your brain, spinal cord, and a large network of cells going all throughout your body. It looks something like this:



As you can see, your nervous system is huge... it stretches all throughout your entire body.

It's critical in pretty much everything you do... from breathing, seeing, tasting, smelling, hearing, and thinking to laughing, sleeping, moving, and yep... you guessed it... sweating.

**If you're sweating more than normal, it's because your nervous system *thinks* that you NEED to be sweating right now.**

Your nervous system is confused. It's getting the wrong message. It's freaking out!

The cells that comprise your nervous system aren't just any old cells... they are special cells called 'neurons' that carry *messages* back and forth...just like a telephone wire.

Sweating, as embarrassing as it is, does actually serve an important purpose. It helps regulate your body temperature when you're hot by making your skin wet... basically **cooling your body down from the outside.**

So what's happening right now... the BASIC REASON for you're sweating excessively... is that your nervous system is MISCOMMUNICATING with the messenger cells.

Your nervous system is saying...

*"We got a problem here... we're overheating. We need to cool down!"*

When really, there is no problem.

**THAT's the basic issue...**

So anyone that discovers how to stop themselves from sweating excessively must FIRST learn how to send a DIFFERENT message to the nervous system altogether.

If you can stop that basic miscommunication, you'll see the problem disappear. Instantly.

If you never learn how to communicate with this part of yourself, you may never hold the key to stopping the sweat.

Most people have no idea of this BASIC REASON and instead look at the commonly known causes... they go through the list of causes, one-by-one and say, "Is this the reason? No. Okay, let's look at the next one. Is this it? No. Okay, try the next thing."

While this can work in some cases, it's unreliable. It can take a long time, cost a lot of money, and be a pain in the butt.

The most sure-fire way that Josh and I have found to cure this annoying condition... one that works every single time, without exception... is by learning **HOW TO COMMUNICATE MESSAGES TO THE NERVOUS SYSTEM.**

So that's what we'll cover now...

The trick is that your nervous system is NOT controlled by your conscious, thinking mind. You can't just think one day, "*Hey Mr. Nervous System, can you please stop sweating?*" And expect that it will stop.

Instead, the nervous system is controlled by your SUBconscious mind. This is the part of your mind that lives and operates beneath your level of awareness.

Though you may have never been introduced to it... or have any direct experience working with it... it is a fact that your subconscious mind is very much alive and very much active all the time... you just haven't learned how to access it.

If you're unsure about this, it may help you to know that for the centuries, great authors, poets, philosophers, artists, musicians, politicians, business tycoons, and leaders from virtually every walk of life have been using this spectacular power and writing about it at length.

Have you ever heard that most people only use 10% of their brain power? It's true. Probably even less.

Within that hidden 90% of your brain lies the mysterious power that people like Ghandi, Thomas Edison, Abraham Lincoln, Mother Teresa, and Jesus Christ himself used frequently to create whatever conditions and circumstances their hearts desired.

To be clear, this power that you're now learning about is not reserved exclusively for stopping sweat. In fact, you can use this

part of yourself to achieve anything you want in life... but it does work particularly well to reduce sweating also.

Below, you will find a few famous quotes that have been written and about the subconscious mind. These should remove any doubt, fear, or hesitation that may have been lingering... and prove to you beyond a shadow of a doubt that this power is *real*.

***I truly believe that thoughts are the greatest vehicle to change power and success in the world.***

-- Oprah Winfrey

***"Whatever we plant in our subconscious mind and nourish with repetition and emotion will one day become a reality."***

-- Earl Nightingale

***"You can accomplish anything you wish that is not contradictory to the Laws of God or man, providing you are willing to pay a price."***

-- W. Clement Stone and Napoleon Hill

***"Formulate and stamp indelibly on your mind a mental picture of yourself as succeeding. Hold this picture tenaciously and never permit it to fade. Your mind will seek to develop this picture!"***

--Dr. Norman Vincent Peale

***"The subjective mind is entirely under the control of the objective mind. With the utmost fidelity it reproduces and works out to its final consequences whatever the objective mind impresses upon it."***

-- Thomas Troward

***"Plant the seed of desire in your mind and it forms a nucleus with power to attract to itself everything needed for its fulfillment."***

-- Robert Collier

***"The person with a fixed goal, a clear picture of his desire, or an ideal always before him, causes it, through repetition, to be buried deeply in his subconscious mind and is thus enabled, thanks to its generative and sustaining power, to realize his goal in a minimum of time and with a minimum of physical effort. Just pursue the thought unceasingly. Step by step you will achieve realization, for all your faculties and powers become directed to that end."***

-- Claude M. Bristol

Study the lives of any of these people... or of the ones listed in paragraphs before... and discover that they not only knew about this powerful part of themselves, they used it everyday.

The subconscious mind tends to work in very mysterious ways and for that reason, there is still a lot of uncertainty about how exactly it works.

There's an overwhelming amount of evidence that there's something special about this power... that it can be used to achieve whatever goals you want.

But the details of how the subconscious mind works are still largely unknown.

As you start doing the exercises I'm about to show you, it's not likely that your sweating will suddenly stop (though I have seen several cases of this)...

More likely what will happen is... nothing at first. You may feel that it's not working. Don't give up.

Before long, you'll start to get signs that it's working. You'll notice little things starting to happen... these little things may seem unrelated or counterproductive at first... but then one of these things will eventually lead you to your solution.

### **A True Story To Help You Understand These "Little Things"**

Just below, I'll share a story to clarify what I mean. This is a true story of an 18-year old guy that had been suffering from excessive sweating for some time... that had tried a lot of different things... and couldn't find any relief.

Let's call him '18 & Out'... (he said it was cool to use his story, just as long as I didn't use his name.)

So 18 & Out got our full program and started putting it into practice as we were coaching him via email. We didn't coach him much, just a few tips and pointers... but as you'll see, in just a

short period of time, 18 & Out had found a cure for his excessive sweating by using the power of his mind.

Here's exactly how it went down:

## **Email 1**

From: 18 & Out  
To: Chris & Josh from Bye-Bye  
Date: March 30, 2011  
Time: 10:21 am

Hey guys,

I'm sending this e-mail as a desperate guy. I've tried a lot of of things that you recommended but none of them reduced my underarm sweat ( I've tried drysol ou driclor because my mom says that she already spent too much money on this kind of antiperspirants and none of them worked ). I know you guys can't do this very often, but I beg you to send me a copy of your e-book. I'm desperate about this. I've been suffering with this since I was 14 and I'm 18 now!! I beg you guys, please help me =(

## **Email 2**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: March 30, 2011  
Time: 10:45 am

I got you bro...one condition though: you have to follow the program, send me weekly update reports, and let me use your story for the site...

You cool w/ that?

-Chris from Bye-Bye-Excessive-Sweating.com

## **Email 3**

From: 18 & Out  
To: Chris & Josh from Bye-Bye



Date: March 30, 2011  
Time: 10:55 am

No problem at all.

Just one thing: when you refer to my story, don't mention my name ok? I would appreciate that :)

## **Email 4**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: March 31, 2011  
Time: 12:33 pm

Sure...

Find the full program attached... I expect to hear back from you on Thursday April 7 regarding...

1. What you learned
2. What you thought of the lessons
3. What you tried
4. What results you got
5. What questions you had

Cool?

## **Email 5**

From: 18 & Out  
To: Chris & Josh from Bye-Bye  
Date: March 30, 2011  
Time: 10:55 am

Yep I'm cool with that.

Thank you so much for this! I will try to think as positive as I can and I will beat this thing.

Thank you!!

P.S: Sorry for any english error =/

## Email 6

From: 18 & Out  
To: Chris & Josh from Bye-Bye  
Date: April 6, 2011  
Time: 4:41 pm

Hey Chris,

As promised, here's my 1st report.

### 1. What you learned

Well, by writing down everything I eat, I noticed that I barely eat any kind fruit or drink enough water. On these first 7 days I ate 1 banana, 1 apple and 2 oranges ( I only started to eat this fruits on day 4 when I noticed that my diet sucks ) and I only drank some 10 glasses of water, which is something I really need to change.

When it comes to vegs, I eat them everyday :)

### 2. What you thought of the lessons

I thought that you are a very dedicated person when it comes to helping people to overcome this "dis-ease", which makes the lessons very clear and very motivating. The lessons somehow can build my confidence to overcome this. I wouldn't change the structure of the lessons for nothing.

### 3. What you tried

I started to eat more fruit and drink more water.

### 4. What results you got

I haven't got much results yet. On Tuesday I didn't sweat a thing but on Wednesday I sweated more than I expected =/

### 5. What questions you had

This isn't properly a question but:

I think that my condition is a little bit different, because I don't sweat a thing when I'm at home ( or at my sister's ( or uncle/aunt etc ) home ) and I barely sweat a thing when I go out at night to a bar or disco

etc. But when I leave my house to go to school I sweat more than the normal levels. I take a shower, put on my deodorant ( and I wait for it to dry ) and my clothes and after some 30 minutes I already have a pit-stain that won't go away. Do you think my condition is different?

Sincerely,

18 & Out

P.S: I'm gonna try out the 36-Hour detox tomorrow

## **Email 7**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: April 8, 2011  
Time: 6:27 pm

Hi 18 & Out. First off, thank you for sending me these reports as you promised. I appreciate that.

RE: Eating...fruits are crucial. The more the better. Also, try to incorporate leafy greens...spinach or other dark green colored vegetables. Try avoiding milk & dairy products for a while. This has worked really well for some people.

Your sweating sounds very situational...meaning that you stay dry in certain places (like your aunt and uncle's house and the disco), but that you sweat a lot in certain places (you mentioned school). This pattern is VERY common. What is it about school that makes you sweat?

Check out <http://www.bye-bye-excessive-arpit-sweat.com/ExcessiveSweatingAnonymous-excessive-sweating-8.html>

Did you do the detox? How did it go?

Talk soon,

-Chris M.

## **Email 8**

From: 18 & Out  
To: Chris from Bye-Bye  
Date: April 8, 2011  
Time: 6:47 pm

I now almost done with my detox and I (almost almost) completed it 100%, because I cheated a little bit on my last dinner when I had a few bites of "real food".

But the rest went pretty well: I drank some 15 glasses of water, ate 2 salads, 2 bananas, 1 pear and 1 orange.

As for the side effects... I noticed that the odor of the sweat was stronger than usual ( also because I didn't use any antiperspirants what so ever ) and I had some light headaches.

Let's see how my day goes tomorrow.

P.S: Thank for that link that you sent talking about the cycle. I'm gonna try out those things this week.

Thanks for everything!

## **Email 9**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: April 8, 2011  
Time: 6:50 pm

Nice...the stronger odor was your body getting rid of a bunch of toxins that had been built up over the years.

How old are you dude?

Looking forward to getting your next report...

## **Email 10**

From: 18 & Out

To: Chris from Bye-Bye  
Date: April 8, 2011  
Time: 7:04 pm

I'm 18 ;)

## **Email 11**

From: 18 & Out  
To: Chris from Bye-Bye  
Date: April 28, 2011  
Time: 7:02 pm

Hey Chris,

I just wanted to let you know that I stopped the program for a while because I'm going to see a doctor in 2 weeks.

I scheduled this appointment because (unfortunately) my sweating is still the same as days go by. It didn't even reduce 0.1%.

It's still the same. I can spend the whole day at home and I just don't sweat a thing. The next day I go to school and bang! I feel the sweat coming down my arms and it goes like that the whole day.

I'm gonna explain all this to the doctor. I don't think that there's a Thyroid problem because I can spend days without sweating, if I stay at Home ( I'm not saying that I spend that much time at home :) ) and if I had Hyperthyroid, I would probably sweat ALL the time.

I'm keeping an open and free mind. If the doc. won't help me, I will start experimenting antiperspirants like Odaban ( they don't sell it here In Portugal I guess ), driclor, drysol, maxim etc

Cheers and keep up the good work!

Hopefully the next time I write to you will be to say that I cured this damn problem :)

## **Email 12**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: April 28, 2011  
Time: 10:12 pm

Dude... you need to read/practice the part about your mind... meditating, planting seeds. Did you get to that part?

## **Email 13**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: April 30, 2011  
Time: 7:32 pm

I read that part and made 2 sessions of gapping. I just thought that I needed to see a doctor first, before proceeding with the system, but I guess I wasn't supposed to stop it. I'll make more gapping sessions and then I'll proceed reading the book.

Sorry.

## **Email 14**

From: Chris from Bye-Bye  
To: 18 & Out  
Date: April 30, 2011  
Time: 8:36 pm

No worries.

Yes, so ignore the other stuff for now. Do go to the doctor and also gap at least once/day... preferably twice. Give me an update in about a week and let me know what you experience.

## **Email 15**

From: 18 & Out  
To: Chris from Bye-Bye  
Date: May 3, 2011

Time: 11:54 am

Hi Chris,

Sorry to bother you with this but I had to talk to someone.

Today was a HORRIBLE day! I've been doing some gapping sessions and today when I left home I was feeling better somehow. I was thinking to myself that I was beginning to feel better and therefore I could really beat this excessive sweating. I left home at 09:25am and I arrived at school at 09:50am. I didn't sweat until 11:00am ( probably ) but when I noticed that I was starting to sweat, I managed to stay calm and relaxed ( also because I didn't I was sweating too much in the beginning ) and I didn't care until the rest of the morning, but... when I left the class the sweat stain was HUGE!! When I looked at it I couldn't believe what I was seeing. I saw this kind of sweat stains a lot of times but I couldn't believe the fact that I was absolutely calm and peaceful the whole day and somehow I sweated this much. I didn't even have lunch at school. I just came home... devastated and desperated.

A few months ago this would be a normal day in my life, but today I was really hopeful that I would see some improvement.

Today for the first time I experienced anger. I never felt so freakin' angry with this problem. I was walking from school to my house and all I could think was that this is not fair. The fact that my friends are able to be comfortable everyday and I have to be miserable, shy, humiliated and embarassed it's NOT FAIR! What did I do wrong to deserve this!?

I'm going to continue the gapping sessions as usual, but I added something else: I went to the pharmacy moments ago and bought a product called DRICLOR ( I don't know if it's available in the US, but it's really famous in Portugal and Brazil ).

## Email 16

From: Chris from Bye-Bye  
To: 18 & Out  
Date: May 5, 2011  
Time: 11:13 am

Dude! This is a sign that it's working!

Think about it... you experienced a very strong emotion for the first time (anger) and were conscious enough to take note of this feeling. The reason you felt that way is because you EXPECTED it to work! That's phenomenal.

THEN... you discovered a new potential remedy (Driclor) which could be a very effective addition to your gapping sessions.

Do NOT be discouraged, my friend. This is a wonderful sign. Keep doing what you're doing. The universe is already working to solve this problem. Believe me!

## Email 17

From: Chris from Bye-Bye  
To: 18 & Out  
Date: May 5, 2011  
Time: 11:55 am

Hey Chris,

I used Driclor last night, for the first time and... it WORKS!!!!!!

I woke up this morning absolutely confident that this was going to work. I put my deodorant and I left home at 09:30. I made a 25 minutes walk with a temperature of 20°C and I didn't sweat a thing. I got to school and I was always checking my armpits to see if there was any stain but the shirt was clean as it can be! So, I talked freely and without reservations with my friends because I couldn't waste another second being nervous and shy. I was confident and Happy. 5 hours later, I got home and my armpits were absolutely dry



and fresh!

I can't believe this. I had probably one of the best days of my life ( no kidding ). I know that this was only 1 day, but to feel my armpits dry like this it's absolutely phenomenal. I want, to go out more, I want to speak more with the girl I like, I want to be FREE!

My God, this feels awesome!!

Thank you Chris. Thank you so much for what you've done for me. I'll wait a few more days and then If this continues, I will gladly, write a text for your site to explain everything about my condition and how I fixed it ( oh it feels so good to say this ).

God bless ya'

## **Email 18**

From: Chris from Bye-Bye

To: 18 & Out

Date: May 5, 2011

Time: 12:41 pm

:)

Awesome! Happy I could help.

IMPORTANT: Don't stop the gapping! Keep gapping every day. As you do it, imagine yourself being dry, chatting comfortably with friends, and holding hands with that girl you like.

Feel the same feelings that you would have if this were all a reality... right now! Gapping should feel good. It should be one of the best parts of your day. It's important that you keep doing it, okay?

-Chris M.

P.S. Also be sure to incorporate feelings of gratitude or being thankful into your gap. Tell yourself, "Man, my life is great. I have great friends, people like me,

I'm good in school, I have a bright future, I'm smart, I'm handsome, I've got a really bright future!" Stuff like that. Cool?

That's the last I've heard from him... though it's only been a few days since then. I hope you read that entire string and in fact, I want you to go back and read it again.

Why? Because it's a perfect example of how "little things" happen when you start "talking" to your nervous system and subconscious mind.

In 18 & Out's case, his cure came in the form of a product called Driclor, which is a prescription antiperspirant. But had he not been following the program, he would not have ever gotten to that point.

18 & Out was doing a lot of stuff right. He had...

**Desire.** Go back and read his first email to us. This kid REALLY wanted to solve this problem.

**Persistence.** He told me he was going to take a break. I told him to continue. He listened.

**Faith.** He mentioned several times that he just KNEW it was going to start working. It did.

If you have those three things already... OR if you're able to cultivate those three things in your own mind... I can absolutely, 150% guarantee you that your annoying sweating problem will soon be over.

Just follow the instructions in the next part.

## The Only Known Method To “Talk” To Your Nervous System

Now that you’re a believer in the power of your subconscious mind... and you know that you have the ability to harness this energy and make it your faithful servant... to do, have, or be literally whatever you want in life...

You are ready to start making progress toward your first goal... to end the struggle with excessive sweating... to start wearing whatever types of clothes you want again... to enjoy meeting new people and hanging out in public, social situations... and to become a highly confident person.

In the next section, we’ll describe the only known method to communicate directly with your nervous system... the method that great people have been using since the dawn of civilization... and the method that we’ve shared with 1,000s of excessive sweaters just like you to communicate clearly to their sweat glands that,

*“Hey, enough with the sweating, buddy. I’m just fine.”*

And the funny thing is that it listens. As soon as it receives the message...

Pay attention here because I attribute almost all of our astounding success rate to the techniques you’re about to be introduced to.

Chances are, you’ve never heard of this method. You may find that it seems unusual, impractical, or weird.

But what you’re about to learn is the specific technique that’s helped 1,000s of people cure their excessive sweating condition. And it will work for you too. So long as you do it in a spirit of faith and open-mindedness.

I’m going to describe to you in detail how to achieve an almost-magical state... a state where your excessive sweating will

disappear instantly... and where you can communicate directly with your nervous system.

You'll learn why this is so important as we move forward, but for the time being, just please **PAY CLOSE ATTENTION TO THIS!**

Masters have known this secret since ancient times. Science is finally starting to catch up. Amazing things happen when you follow these steps. Your subconscious becomes active, like when you're sleeping. But since you're awake, you get to watch it in action, and participate with it directly.

NOTE: This takes a little practice. Don't get discouraged if you find it difficult the first time. By the time you do it twice, or three times, it will be natural and easy.

The steps are as follows:

- 1. Lie down in a comfortable place.** Usually people sit upright when doing this type of relaxation. The main reason is because it's easy to fall asleep. The reason we recommend lying down is because when you lay horizontally, all sweating in the under arms stops completely.
- 2. Dry off and get comfy.** If you're sweating now or have any other wetness, dry yourself off. Put on loose-fitting, comfortable clothes. Make sure you are somewhere that you will not be disturbed for at least 30 minutes. Close the door and shut off your phone.
- 3. Breathe and forget.** Begin simply by paying attention to the thoughts that are running in your head. Don't try to guide them in any direction or manipulate them at all. Just observe the thoughts as they happen and let them be. Do this for about 10 minutes.
- 4. Consciously relax each body part.** Starting from your head, move your attention to each major area of your body and spend about 20 seconds consciously relaxing it.

Start with your eyeballs...breathe in, focus on your eyeballs, and say to yourself, "*My eyeballs are tired. Now is the time to relax.*"

Then breathe out and feel all tension and stress melt away as if it never existed. Repeat this process for other major body parts.

It's important to keep an open mind and use your *imagination* for Step #4. Exaggerate the level of relaxation a little bit. Make yourself believe that they are becoming soooo relaxed, when really they may just be relaxing a little. Get it?

Also I like to visualize the internal workings of my body too. With my eyeballs, I think about all the neurons and cells connecting my eyeballs to my brain and imagine that THEY are becoming relaxed too.

From my eyeballs, I'll usually move to the back of my neck, imagining all those powerful, overused muscles becoming completely limp and relaxed.

Then to my jaws. Then to my forehead, shoulders, arms, chest, top of back, bottom of back, etc. Do every part of your body, one-by-one, and you'll get a real nice "buzz" of relaxation.

Being this deeply relaxed breaks down the barrier between your conscious and subconscious minds. It makes it so that the thoughts that you think move quickly into the subconscious and start having a positive effect.

I want you to practice this exercise every day... at least once, preferably twice... until you get real good at it. It should be almost effortless for you to achieve this state of deep relaxation.

Once you do this a few times, you'll see why I'm making such a big deal out of it. Not only are you going to feel better almost instantly, but you're also going to notice a lot of "little things" starting to happen... and your life generally falling into place.

A lot of students are skeptical and suspicious about this approach at first. Most don't understand the point of it. Some think it's weird. Some call it hocus-pocus...

I'd like to stress just once more (in case you didn't get it the first 3 times) just how incredibly important this exercise is. And how incredibly effective it is at stopping sweating if you'll continue to use it.

The reason is simple...

Your nervous system controls sweating (this is a known fact)

Your subconscious mind controls your nervous system (another known fact)

The only way to influence your subconscious mind is through repetition of effective thought (a 3<sup>rd</sup> known fact)

This process of conscious relaxation breaks down the barrier between your conscious mind (the thoughts that you think on a daily basis) and your subconscious mind (the thoughts that you're not aware of that actually control you).

As you get used to achieving this state, I'll show you how to communicate specific messages to your mind. But for now, just practice what you've learned here.

Do it every night before going to bed. Spend about 30 minutes on it and you will soon become a believer.

We've seen it time and again. It's the #1 discovery we made on our journey. It has worked wonders in our lives... not only to stop sweating, but also in so many other ways.

If you try any of the techniques described in this manual, let it be this one.

## How To Accelerate Results Using The Ancient Secrets Of Herbs

Herbs have been around, well... pretty much forever. And for as long as people have been around, they've been using herbs for cooking, fragrances, recreation, and of course, curing diseases.

Whether you realize it or not, excessive sweating (also called 'hyperhidrosis') is a form of disease, or a *dis-ease* as we call it. We hyphenate it like that because it points to the idea that when you're sweating, you're not at ease.

Anytime there is a *dis-ease* in your body, there is a cause of it. We will describe the major cause of hyperhidrosis in full detail below, but for right now, we're going to give you a quick-fix solution to get to the bottom of this thing, and to get some relief... FAST!

There is a single herb that we've found that directly counteracts the causes of excessive sweating. In the instructions below, we'll teach you how to use this herb, and how to use it in combination with a second herb, which is a powerful mood stabilizer that helps relieve the anxiety and depression that so often accompanies excessive sweating.

The combination is wonderful.

### First, a couple of words on using herbs...

1. **Stay consistent.** Herbs are not drugs. Don't expect that you can just pop a pill and feel the effect instantly. Instead, herbs take a week or two to start working, and the effects build up over a few months.
2. **Be careful.** Herbs can be harmful in large doses. Follow the instructions carefully and if you're ever uncertain... or if you notice yourself not feeling well after using herbs, stop and discuss with a doctor.

## **Sage: Nature's Antiperspirant**

Josh and I have observed over to a dozen cases where people have literally cured their excessive sweating using NOTHING but Sage and one of the other remedies you'll find in this guide.

Sage has a long history of fighting sweating. In the middle ages, it was used to reduce night sweating in Tuberculosis patients. In China, it's long been used for its anti-sweating properties, as well as the general feeling of relaxation it produces.

It is now renowned in the hyperhidrosis community as being almost miraculous. It's been shown to reduce sweating by as much as 50%!

The herb fights excess sweating with a two-pronged approach. First, it acts as an antiperspirant... stopping sweat on physical contact. Second, it relaxes the nervous system, fighting the causes of sweat at its core... before it ever reaches your skin.

This stuff is powerful...

But before you get too excited, let's keep it realistic. You can't just drink a cup or two of Sage tea and expect to have no more sweating.

Nuh-uh.

That's not the way that herbs work... and that's not the way that excessive sweating works, either. Hyperhidrosis takes time to develop, and it takes time to cure.

**Here's how to use Sage...**



**Make tea.** Pick up some dried Sage either online or in the grocery store. It's pretty cheap. To make the tea you'll need:

- 1 teaspoon dried Sage
- 1 cup of water
- 1 lemon wedge (optional)
- Honey to sweeten (optional)

Here are the steps to making it (pretty simple):

1. Bring water to a boil.
2. Take off the heat and put the Sage in the water.
3. Let steep (sit there) for between 3-5 minutes.
4. Strain, pour in cup, add honey/honey if you want
5. Enjoy!

**IMPORTANT:** Make sure you don't let it steep for longer than 5 minutes. If you steep it for longer than that, it loses some of its effectiveness and could be dangerous.

Drink one cup of this tea upon arising in the morning, and one cup before retiring at night. It's best to let this tea cool before drinking it.

If you REALLY want to get the most out of Sage, also...

**Rub it on your skin.** Before bed, apply the cooled Sage tea directly to the skin of the sweaty areas. Use a sponge or cloth, dip it in the cooled tea, and apply liberally to the affected skin. Let it sit on the skin until it dries, then reapply. After it dries the second time, rinse the affected area with water and go to bed.

Do this each night before bed and you'll notice big changes. Many notice changes in just the first couple days. For others, it can take up to two weeks.

Stay consistent with it. Don't give up or get discouraged if you don't see results immediately. Herbs are natural and nature takes time.

Just using Sage this way will significantly reduce the amount you sweat. To maximize results, combine Sage with St. John's Wort, as described below.

## **St. John's Wort: Nature's Happy Pill**

For centuries, people have been using St. John's Wort to treat mild to moderate anxiety and/or depression. It's a mind-soother, a mood stabilizer. It has earned the reputation of being "Nature's Prozac."

While you may not be depressed or anxious normally, heavy sweating can cause social anxiety in a BIG way.

You can be at home by yourself, dry as a bone... but then as soon as you go out and face the world, you start getting a little nervous that people may notice your sweat and then... voila, like magic, the faucets open.

We've all been there.

And then when you notice that the faucets have opened, you get even more anxious, and the faucets open even wider. Now you're totally sweaty and the anxiety continues climbing. This vicious cycle tends to perpetuate itself until finally, you're just a sweaty, anxious mess.

Not a good situation.

Even if you don't consider yourself to be particularly anxious or depressed, using St. John's Wort will still help you. It's not required, but it is highly recommended.

### **How to use St. John's Wort...**

The easiest and least expensive way to use St. John's Wort is with the capsules. You should be able to find some capsules on Amazon.com for less than \$10. Look at the ingredients and make sure it contains only St. John's Wort or *Hypericum perforatum*.

Some of the things you'll find on Amazon have other herbs mixed in. You don't want those ones.

The average person should take 900mg/day. Usually the pills come in 300mg doses... meaning that you should take 3 pills throughout the course of the day. Space them out so that you're taking one in the morning, one in the afternoon, and one at night.

Start slow with 1-2 pills/day (300-600mg) to allow your body to get used to it. Increase your dosage to 2-3 pills/day for the second week.

This combination was extremely effective for my brother and I. You'll notice the Sage reducing sweat levels pretty much immediately, and the St. John's Wort making you feel happy-go-lucky. And it's all totally natural!

We've watched dozens of people cure themselves with just these two herbs. That's the beauty of 'Stacking', or using more than one remedy at the same time. The reason 'Stacking' works so well is because it produces a compounding effect, where the combination of ingredients becomes much more powerful than the sum of each individual part.

Remember, herbs work differently than drugs. You usually need to use them consistently for some time to get the results you're looking for. DON'T give up if you don't see results immediately. All good things come with time. Start today.

**WARNING:** We have seen one situation where this combination made a student sick. Nothing serious, just a little vomiting. For best results, be careful, take it slow, and consult with a doctor if you're ever uncertain about something.

## 6 Things That You MUST Avoid At All Costs

If you've been reading our site for any amount of time, you know that we like holistic approaches. We like natural stuff. We don't like using harsh chemicals, we don't really recommend Botox, or surgery for sweating... we even have a tendency to stay away from prescription drugs.

Why? Because we like to keep it real.

The reason that we like to keep it real is because we've learned that just like the fact that 'What goes up, must come down'... it's also true that 'What goes in, must come out'...

You may get some short-term relief from Botox or surgery or drugs, but over the long-term, you'll experience the negative effects of them the same.

The first chapter in our book explains this in detail, but the basic idea is that the stuff that you put into your body plays a major factor in the amount that you sweat.

It may also help you to know that we've helped people cure their excessive sweating using nothing except diet modification techniques. We've seen this work so consistently that we've devoted the entire first section of our book to it.

The entire philosophy is too detailed to explain here, but what I can give you is the foods/drinks and other "consumables" that we've seen cause sweating directly.

Avoid these things at all costs.

1. **Cigarettes.** Not only do they kill you... they also make you sweat. When my brother stopped smoking, his sweating stopped almost immediately. He credits this as a major factor.

2. **Spicy foods.** Yea, they can be delicious, but they're a serious contributor to sweating. So much so that many people actually sweat profusely while eating them! For best results, stay away.
3. **Dairy.** Many report immediate reduction in sweat by eliminating dairy from their diets. Certain people have dairy allergies, which can result in sweating. Try eliminating dairy for a few weeks to see if it has any effect.
4. **Alcohol.** I know, I know... no cigarettes, no alcohol?! It's a tough life. Turns out, not only can alcohol wreak havoc on your body in general, it can also be a major cause of sweating. If you drink heavily, commit to stopping for a few weeks and observe the results.
5. **Caffeine.** There's no doubt that caffeine increases sweating. If you're like me, just one cup of coffee will get you sweaty. Drop it and watch what happens. NOTE: Other stimulants like soda, tea, energy drinks, and adderall can be a major cause of sweating and should also be eliminated for best results.
6. **High-fructose corn syrup.** Delicious and cheap, this is the sugar of choice for many food makers. Unfortunately, it clogs up your entire system and contributes directly to sweating. Read the labels on your food. If it contains high-fructose corn syrup in the top 3 ingredients, pass on it.

## Pay Attention & Take Notes.

Okay, so this is simple.

If you're serious about putting an end to this dis-ease, and claiming your life back, this is a must...

**Start writing down everything you eat/drink or otherwise consume in a food log.**

In every case we've seen, there are specific things you're consuming (or AREN'T consuming and should be) that contribute

directly to the sweat. Writing it down so that you can review it helps you laser-target the problem so you can fix it.

In our full program, we provide more detail on this, but I would start now if I were you so that you can have a leg-up.

It does take some effort. You may even call it a pain-in-the-butt.

But so is being forced to wear black clothes all the time. So is being nervous or scared to hang out with your friends or meet new people. And it's definitely a pain-in-the-butt to not be able to go out to the places you want... or to feel like you don't deserve a good boyfriend or girlfriend.

Trust me, start writing stuff down. You can download and print a simple food chart at <http://www.vertex42.com/Files/printable-food-log.pdf>

## Make Friends With A Good Doctor

We stress the importance of seeing a doctor on the site... we also stress it on our newsletter. We're stressing it here and we stress it in our full program for a simple reason...

Because it's really friggin' important!

I can tell you that until I'm blue in the face... but perhaps a little story will help demonstrate the point.

### **WARNING: Sad story...**

In 2008, Josh was coaching a young sweater named Alex P. from Italy. He was an energetic, sharp kid that really, really wanted to end this bad case of pit sweating that was plaguing him.

When Josh asked him about whether or not he had visited a doctor, he said that he hadn't. When Josh asked him why, he said that it was difficult for him to see one because he lived in a rural area and didn't have a car.

Josh urged the importance of it as always.

He finally went to go see the doctor, who had him undergo some testing. After some blood work came back, it turned out that Alex had Graves Disease, an autoimmune disease characterized by hyperthyroidism.

Alex was shocked at the diagnosis. Luckily, they caught it early. People can live long and normal lives with Graves Disease... particularly when it is caught before much damage has been done.

If left untreated, Graves Disease can cause serious problems like anxiety, high blood pressure, heart complications, mental retardation, even death.

Alex was given a medication to help his thyroid function normally. After just a few weeks of taking the medication, he noticed a

significant reduction in sweating... and a general increase in overall happiness.

Through further coaching, we were able to help him completely eliminate his underarm sweating until it was completely normal.

I'm not trying to scare you with that story. I'm not saying that you have Graves Disease. But what I am saying is that it's very important for you to at least see a doctor about it.

I've written on this pretty extensively, including all the things that your doctor is likely to give you. [Check out the full article here.](#)

### **One last thing to note...**

Not all doctors are familiar with sweating issues. If you get the feeling that either

- 1) Your doctor doesn't know what they're talking about, or
- 2) Your doctor doesn't seem to think sweating is a big deal...

Ask for a referral to a "hyperhidrosis" specialist... (hyperhidrosis is the medical term for excessive sweating).

Don't skip this. It's important.



## Putting It All Together & Starting

I want you to imagine something with me here... imagine your life... just 14 days from now.

See yourself feeling happy, confident, and relaxed  
See yourself in public without a care in the world  
See yourself feeling comfortable in any social situation  
See yourself being able to wear and colors or fabrics you want  
See yourself falling in love with a special guy or girl  
See yourself blissfully happy, living in perfect harmony

Now just think that it's only 14 days away...

Here's what you need to:

1. Start putting some of the things you learned here to use.

- 2. Purchase and read our full program.**

It's called "**How To Stop Excessive Sweating In 14 Days Or Less**" and it's jam-packed with over 80 pages of exercises and strategies to not only stop sweating... but also to boost your confidence back up, and help you feel really good about your life.

You'll get a bunch of new ideas from it, but also an action plan... it lays out really specific daily instructions with worksheets so you can keep track of everything without getting lost. At a measly \$39.99, it's so worth it.

I personally guarantee that if you follow the instructions laid out in the program, that it will cure your sweating problem within 14 days or less. You will be dry and happy again... with a renewed sense of confidence.

If you're unsatisfied for any reason, just let me know and I'll refund your money quickly... no questions asked.

Go to <http://www.bye-bye-excessive-armspit-sweat.com/sweating-cure.html> for more details