BODY ODOR

1. **Coconut Oil: Coconut oil is rich in lauric acid, which helps to eliminate bacteria on the skin. This can help reduce body odor. To use, simply rub a small amount directly onto sweat-prone areas of the body. It can also be used as the last rinse in the shower after diluting it with water.**

2. **Tea Tree Oil: Tea tree oil has antifungal and antibacterial properties, making it an effective remedy for body odor. Dilute two teaspoons of tea tree oil in two tablespoons of water and apply it to the affected area. You should see a positive improvement by doing this daily.**

2. **Rock Salt: Rock salt has been used for centuries as a natural deodorant due to its antimicrobial properties. Mix one teaspoon of rock salt with one cup of warm water and apply it using a cotton ball to the affected area. This can be done several times a day for the most effective results.**

3. **Fenugreek Seeds: Fenugreek seeds contain compounds that help reduce body odor. Soak one teaspoon of fenugreek seeds in one cup of water overnight. Strain the water, add one teaspoon of honey, and drink it on an empty stomach. Try this once a day for optimal results.**

4. **Baking Soda: Baking soda is effective at reducing body odor due to its ability to absorb moisture and neutralize odors. Mix two teaspoons of baking soda with one cup of warm water and apply it to the area using a cotton ball. This can be done two to three times a day for the most beneficial results**

5. **Apple Cider Vinegar: Apple cider vinegar has antibacterial and antifungal properties, making it an effective remedy for body odor. Dilute one teaspoon of apple cider vinegar with one cup of water and apply it to the affected area with a cotton ball. To notice a reduction in body odor, try doing this two to three times a day.**

6. **Tomato Juice: The acidic properties of tomato juice make it an effective remedy for body odor. Take half a cup of tomato juice and apply it to the affected area with a cotton ball. This can be done two to three times a day for significant results.**

7. **White vinegar: White vinegar has antifungal and antibacterial properties, making it an effective remedy for body odor. Mix equal parts of white vinegar and water and apply it to the affected area with a cotton ball. This can be done two to three times a day for maximum results.**

8. **Drink Green Tea: Green tea contains antioxidants that help reduce body odor. Brew one cup of green tea and allow it to cool. Drink one cup of green tea twice a day for effective benefits.**

9. **Green Tea Bags: Green tea contains tannins that help reduce body odor. Simply steep two bags of green tea in one cup of hot water for five minutes. Allow it to cool for a few minutes and then apply it to the affected area with a cotton ball. This can be done twice a day for noticeable improvement.**

10. **Probiotics taken daily will help control odors from bowel, vagina, urine. Certain probiotics have an effect of particular body parts – see the information under Probiotics.**