**Armpit Detox: Why You Need One and How To Do it**

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Numerous of the common household products we use every day are full of harmful chemicals and toxic ingredients, which seriously endanger our health.

Yet, one of the most threatening items is the deodorant. Despite containing many dangerous chemicals, like aluminum, these products are applied on a sensitive area, where there are major lymph nodes, and can be directly absorbed in the system, influencing the [lymphatic system](http://www.healthyfoodhouse.com/how-to-cleanse-your-lymphatic-system-and-fight-off-80-off-chronic-diseases/), the sebaceous glands, and the immune system.

If you read the ingredients of your deodorant you will be quite surprised. Namely, these are the most common ingredients of commercial deodorants:

**Aluminum-** Yes, you read it right. Our deodorants contain metals, which can cause severe adverse effects on our health. Studies have shown that aluminum is related to the onset of cancer and Alzheimer’s.

**Formaldehyde**-- This chemical is used to preserve deceased bodies after death, it destroys germs and is a popular carcinogen.

**Parabens–** Parabens lead to a hormonal imbalance and have been discovered in the biopsies of breast cancer tissue.

**Phthalates**-- Phthalates are also included in plastic and affect the hormones as endocrine disruptors. They have also been related to infertility in men.

**Propylene glycol-** This is, in fact, antifreeze, the chemicals used to cool the car, which can kill your pets. Well, it is applied on the underarms via the deodorant.

According to the Environmental Working Group reports, its use in our common personal care products increases the risk for allergies and immunotoxicity.

**Antibacterial Substances-** These ingredients can weaken the immunity and pose a risk when it comes to superbugs.

When you consider all the potential hazards of the use of deodorants, you are already aware of the need to another alternative to these products.

You may want to try some chemical- free deodorant or a magnesium spray which will eliminate the bad odor, but an armpit detox is definitely what will solve your problem the best. It will remove the dangerous chemicals from the sweat glands, the underlying tissue, and the skin while providing a  great smell.

Sometimes, the switch to [natural deodorants](http://www.healthyfoodhouse.com/aluminum-in-deodorants-can-cause-breast-cancer-use-this-to-eliminate-body-odor/) may cause rashes, so the armpit detox will soothe them and also reduce the sweat.

You can feel the difference by doing a simple armpit detox which requires only 30 minutes of your time. Yet, we recommend that you repeat it on a few days until your body gets used to the natural deodorants.

The following recipe will [effectively cleanse the armpit](http://www.healthyfoodhouse.com/25-ways-apple-cider-vinegar-will-change-life/):

**You will need apple cider vinegar, water, and Bentonite clay.**

Apple cider vinegar is a potent cleansing agent which removes the toxins as soon as it comes into contact with the skin. Yet, make sure you always use organic one with the “mother” on the bottom.

As soon as it is mixed with water, Bentonite clay can provide magnified effects. It will dry like a clay mask while cleansing the skin on the surface. It will cleanse the pores deeply and destroy bacteria.

Needed amounts:

* 1 teaspoon Apple Cider Vinegar
* 1 tablespoon Bentonite clay
* 1-2 teaspoons of water (until you get the right consistency)

Instructions:

In a suitable bowl not made of metal, mix the ingredient with a wooden spoon and stir until you get a creamy mixture.

Then, spread the mixture on the armpits with the fingers or a cloth. Leave it to act for 5-20 minutes.

You should leave it less the first time, and gradually increase the time afterward. After some time, wash it off with warm water in the shower or using a washcloth.

You may experience a slight warming sensation or tingling in the beginning until the body gets used to the substances. Yet, if it hurts, wash it out with water and try some other detox recipe. The redness is normal, it indicates that the blood flow in the area has been improved.

Repeat every few days or until you notice that the natural deodorant does not irritate the skin anymore.

**Additional notes:**

* Many people claim that after this detox procedure, they no longer need baking soda in the natural deodorants they use.
* Make sure you drink plenty of water in order to hydrate the body and help it flush the toxins.
* If you still have lumps in the armpit, try gentle dry brushing (gently) or a massage of the area once a day.

Sources and References:
[wisemindhealthybody.com](http://wisemindhealthybody.com/kirsten/how-to-do-armpit-detox/?c=JER)[wellnessmama.com](http://wellnessmama.com/25432/detox-your-armpits/)[www.davidwolfe.com](https://www.davidwolfe.com/detoxify-armpit-prevent-cancer/)