



Symptom: Changes in Body Odor

What's Happening

Hormonal fluctuations can affect sweat composition, potentially leading to changes in body odor.

What to Do

Maintain good hygiene, use antiperspirants.

Supplements

Chlorophyll, zinc.

Food to Consider

Chlorophyll-rich foods such as leafy greens, parsley, and mint, can help neutralize odors.

Lifestyle Changes

Shower regularly, choose breathable fabrics, stay hydrated.