

Hyperhidrosis, excessive sweating, is also another common problem. People say that it is more embarrassing than acne or dandruff. Hyperhidrosis causes excessive sweating in the underarms, hands or feet. Sage is a remedy for curing excessive sweating because it is antibacterial and antifungal. Boil a tablespoon of dried sage leaves in one to two cups of water. Let it cool to room temperature and then use the liquid to clean your underarms, hands or feet.

Repeat two more times each day for best results.



Note!

* We express a possible condition and its result/consequence with an "if" sentence.

If you freeze water, it turns to ice. (The result will always happen.)

If the sun shines, we will walk to the park. (It is possible that this condition will happen.)

If she studies for the test, she can get a good grade. (Ability)

If you have a toothache, you should see a dentist. (Suggestion)

If you try this home remedy, you could cure your illness. (Possibility)



If you mix baking soda and salt in water and gargle with it, _____.

You can cure excessive sweating if _____.