

By The Editors, *Prevention*

1. Choose Natural Fabrics

Natural fabrics such as cotton absorb perspiration better than synthetic materials because they allow the absorbed sweat to evaporate from the fabric.

2. Skip the garlic and onions

You know they make your breath smell, but what about the rest of you? “If you’ve been surrounded by cooking foods such as garlic, onions, and strong spices, these odors can cling to your clothes and hair,” says Lenise Banse, MD. “Until your clothing and hair are washed, these odors will be carried with you.”

3. Apply some apple cider vinegar

“Apple cider vinegar is a great natural underarm deodorant,” says [Georgianna Donadio](#), PhD. She suggests applying it directly to your armpits to kill body odor.

4. Cut back on meat

Extracts of proteins and oils from certain foods and spices remain in your body’s excretions and secretions long after eating, and they can impart an odor, explains Ellen Kamhi, PhD, RN.

5. Benefit from good bacteria

For a natural deodorant that fights odor from the inside out, Dr. Kamhi recommends taking a daily acidophilus supplement. Acidophilus is a probiotic bacteria that helps aid digestion.