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.

---

Rodale.com is a new original source for daily news, information, and advice on personal and environmental health. Rodale.com focuses on “Where Health Meets Green” topics, providing daily news stories and breaking news along with easy-to-follow, high-impact tips and advice. Rodale.com features a Daily Newsletter, and provides simple, powerful tools including Recipe Finder and Home Remedy Finder to help audiences improve their health and their environment. Rodale.com also includes "Maria's Farm Country Kitchen,” a personal blog where Editor-in-Chief and Rodale, Inc. CEO and Chairman Maria Rodale is “Cooking Up Trouble, Dishing Out Advice.”