



# CAN HORMONAL CHANGES AFFECT YOUR BODY ODOR? YES, BUT THERE IS HELP

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by Stephanie Blanchard

Do you remember the day you realized your armpits can smell bad? I do. Like many kids, I came to this realization when I hit puberty. It was summer, and I was 12 or 13. I was using a gel deodorant my mom bought me that felt goeey when applying it. I hated waiting for the gel to dry, and I did NOT like the sticky feeling on my skin. It definitely wasn't an antiperspirant because it didn't stop wetness. It just masked the odor (and not very well I might add).

On the day I realized just *how* stinky my armpits could be, I was at a friend's house. We were riding our bikes before it got too hot to be outside. I remember changing my shirt and getting a whiff of something bad. I was mortified. At home that night, I asked my mom to buy me something stronger STAT because the stuff I was using just did not work.

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## PUBERTY HORMONES CAN INCREASE BODY ODOR

In my preteen years, I was likely experiencing hormonal body odor. When a child goes through puberty, their apocrine sweat glands activate thanks to hormones. This is when many kids experience underarm body odor for the first time. If your kid is going through puberty right now, they probably need a good deodorant. It's important to get [one that is skin-safe](#) and capable of controlling powerful, preteen, hormonal body odor. A [refresher on proper hygiene](#) can't hurt either.

Can Hormonal Changes Affect Your Body Odor? Yes, but There is Help

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## NOT ALL BODY ODOR IS BAD

Puberty isn't the only time in a person's life that hormones change how you smell, especially for women. Ovulation, pregnancy, and menopause can be triggers for hormonal body odor. But with that said, not all body odor is bad. The phrase has a negative connotation in our society, but body odor can be neutral or even pleasant. For instance, [when a woman ovulates, her natural scent is more attractive to potential mates](#). And [babies learn to recognize their mother's scent soon after birth](#).

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## THE MENSTRUAL CYCLE AFFECTS HOW YOU SMELL

If you're a woman, you may experience hormonal body odor in a couple of places. First, hormone fluctuations during the menstrual cycle can cause changes in the amount and consistency of vaginal discharge. Some women find that their vaginal odor is more noticeable during ovulation, which is totally normal. Estrogen levels can cause a stronger scent.

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If you have concerns about vaginal odor, [there's a good chance it's external and could be resolved at home](#) by using Lume Natural Deodorant for Pits and Privates. If after using Lume for a few days, you still notice odor, talk to your doctor. It could be a sign of something more significant.

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A hormonal increase in sweating can also cause body odor. Some women experience night sweats right before their periods begin. I've experienced this, and it's terrible! Not only is the sweating unpleasant, but bacteria naturally living on my skin can feed off of the sweat and make me smell bad. It's not the best way to wake up. If you find night sweats bothersome,

try applying an effective deodorant, like Lume, before bed. While it can't cure night sweats, it *can* control body odor. Take it from someone who knows!

## PREGNANCY: ANOTHER CAUSE FOR SWEATING

I am *always* cold. When I was pregnant with my children, my body temperature ran higher, so I felt warmer 24/7. I actually LOVED this because both of my kids were born in cold months. But, for women with summer due dates or who naturally run hot, it is quite the opposite! My friends have complained about an increase in sweat in more places than their underarms. I didn't know about Lume then, but if one of my friends feels self-conscious about pregnancy body odor in the future, I know just what to recommend!

## CHILDBIRTH CAUSES HORMONE FLUCTUATIONS

I also experienced excessive sweating after my children were born. I chalked it up to hormones, but I never really looked into the cause until recently! During pregnancy, our bodies produce more fluid to support the baby. After birth, hormones fluctuate to help the body get rid of the extra fluid through sweat and urine. Those hormones really do control everything. If you've just had a baby and can't find time to shower, don't worry. It won't always be like this. (Babies can get pretty stinky. Maybe visitors will think the smell is coming from the little bundle of joy.) Plus, Lume can help on the days you can't get a break!

## THE JOURNEY TO MENOPAUSE: CONSTANT HOT FLASHES AND NIGHT SWEATS

According to WebMD (and my family members), hot flashes and night sweats are super-common during menopause. Hot flashes are when your body just gets very hot without increasing physical activity. This type of sweat is awful because you can't avoid it or even predict when it will happen. I didn't associate excessive sweating with hot flashes until I came across an eye-opening article on Good Housekeeping's website, originally published on November 12, 2015. Writer Jill Robbins gave a first-person account of her experience with sweat caused by menopause. After reading what she had to say, I felt terrible for anyone with the medical condition. Jill used the phrase "menopausal boob sweat" to describe what she dealt

with. Apparently, the sweat smelled awful. There wasn't much she could do at the time but shower multiple times a day and carry perfume with her everywhere.

Overall, menopause is a huge cause of hormonal body odor. It seems women experience the sweaty side of menopause in different places. Some, like Jill Robbins, sweat a lot under their breasts(underboobs), while other ladies experience more underarm sweating or sweating from between the cheeks. Unfortunately, that's not all. Women can experience urine leakage during menopause, contributing to vaginal odor. And, fluctuating hormones can change how your vagina smells.

On a side note—not all excessive sweating is caused by raging hormones. A medical condition or medication side effect could be the cause. It's always best to check with your doctor about any concerns.

## HOW LUME DEODORANT CAN CURB HORMONAL BODY ODOR

If you haven't heard much about Lume Deodorant and how it works, I'm glad I can tell you about it! Lume is a natural deodorant that inhibits the odor-causing bacteria on our bodies. I've used it for a few months, and it works.

Lume is different than other deodorants because you can use it on all places that smell funky, including underarms, breasts, private parts, and feet. And, Lume controls odor for up to 72 hours! You simply rub it like a lotion onto clean skin, wherever you need it.

Hormones can make your body change in unexpected, uncontrollable ways. Lume is here to give you some of that control back! Lume conquers odor while you conquer life.



STEPHANIE BLANCHARD





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by Maddy Dow



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by Sarah Thomas



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