

Natural Living Tip:

# Body Odor

When you have body odor it usually means your body has something going on that it wants you to know about.

Here are some possible causes of body odor:

- Heavy metals, drugs or an unbalanced diet can cause **odor stemming** from toxicity.
- **Mouth odor** can mean an infection or problems with digestion.
- Foods that are not digesting well can cause **odor from the gut**, such as gas.
- **Foot odor** can be a result of low chlorophyll (green vegetables) intake or a high meat diet.

Yours for health naturally,

**Dr B**

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