

IS YOUR *Body Odor* TELLING YOU SOMETHING?

Are you smelling different lately? The cause may be as simple as your diet or as severe as a serious health condition. Use these tips to assess what's going on when things are smelling off.

6 COMMON CAUSES OF UNUSUAL BODY ODOR

DIET

Certain foods—not necessarily unhealthy ones—can make your body smell different. Cruciferous vegetables like cabbage and broccoli are the biggest culprits here.

STRESS

Periods of intense stress can throw off your natural aroma. It's your body's way of telling you (and those around you) that your current high-pressure lifestyle may not be sustainable.

UNDIAGNOSED DIABETES

A build-up of glucose in the blood from untreated diabetes may give your scent an unusual sweetness.

GLAND/ORGAN TROUBLE

Liver, kidney and thyroid conditions each come with a smell that's both subtle yet distinct. Talk to your doctor if you suspect this may be the cause.

ALCOHOL

Too much booze could make you reek as your body purges toxins. Alcohol itself—not the drink containing it—is the main offender here. Whether you drank too much beer or too much vodka makes no difference.

HORMONAL CHANGES

From puberty to menopause, shifts in hormones come with shifts in scent. Another potential cause to run by your doctor.

MAKE SENSE OF OTHERS' SCENTS

In her article for *Time*, scientist Sarah Everts writes:

"Whether we like it or not, humans do smell each other, and we can glean useful social cues and health information from the body odor of others, albeit sometimes unconsciously."

Here are some clues for what other people's body odors may be telling you:



THEY'RE SICK Studies show that our perception of a person's scent is more likely to be negative when they're fighting an infection.

YOU HAVE COMPATIBLE IMMUNE SYSTEMS

If they're someone of the opposite sex, a pleasant scent may indicate that your offspring would have strong natural protection against pathogens.

THEY'D MAKE A GOOD FRIEND Whether male or female, people who smell good to us from the start tend to be more compatible with our personalities.