

RUCHI GURNANI · NUTRITIONIST

5 days to smell fresh



The smell is bacteria eating what your skin gives them. Five days changes what you give them, from the outside and from the plate.

Swipe 👉

RUCHI GURNANI

Read this first

Sweat has no smell of its own. Bacteria on the skin make the smell, and what they make depends on two things: **how long the skin stays wet**, and **what you ate**.

Deo covers the first for a few hours. Nothing covers the second. So this plan does both.

Each day adds one thing. Keep the earlier days going as you add the next.

THE ONE RULE

Dry skin after every wash, two fruits every day. If you keep one page, keep that one.

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1

FIND YOUR SMELL

- THE KURTA** After a normal day, smell a worn **cotton** kurta at the armpit. That is your baseline. Put it in a bag and keep it for Day 5.
- THE HOUR** Note when it starts. **By 11 am** means the wash. **By 4 pm** means stress or the plate. **Only after a party** means alcohol.
- THE PLATE** Count last week: red meat meals, maida meals, fruits. Most people find a lot of the first two and almost none of the third.

WRITE IT DOWN

Hour and plate. The plan is the same for everyone, but Day 5 tells you which part did the work.

2

THE WASH DAY

TWICE Armpits, groin and feet, **twice a day** with soap. Morning and after coming home.

DRY Then a towel until the skin is fully dry. **Wet skin is where the bacteria grow.** Most people skip this step and blame the deo.

NIGHT Antiperspirant on **dry skin at night.** On a wet morning armpit it washes off before it works.

CLOTHES Cotton against the skin, washed the same day. Polyester holds the smell through a wash.

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3

THE PLATE DAY

- BREAKFAST** Poha, upma, dalia or a besan chilla.
Bread and biscuits out this week.
- LUNCH** Dal, sabzi, roti, salad, a katori of curd.
If you eat meat, **at lunch, not dinner**, and not every day this week.
- 11 AND 4** One fruit each time. Papaya, guava, orange, whatever is in the house.
Fruit and vegetables change the smell of sweat within days.
- WATER** A glass every two hours. Thick sweat smells more than thin sweat.

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4

THE STRESS DAY

Stress sweat comes from different glands and smells worse than gym sweat. This day is for the 4 pm smell.

BEFORE A tense meeting coming? Splash the armpits, **dry them**, then go in.

4 PM Chai with the fruit, not coffee on an empty stomach. Coffee on empty pushes out more sweat.

AFTER DINNER A 20-minute walk. It empties the day's stress before bed, and you sleep drier.

THE WEEK **No alcohol** till Day 5. Then decide with your nose, not with me.

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5

THE CHECK

KURTA

Same test. Open the Day 1 bag and compare. Most people notice the difference here.

Still strong? Match it:

- **Sweating far more** than a year ago. Thyroid test.
- **Sweet smell** with a lot of thirst. Blood sugar test.
- **Fishy smell** after eggs, fish or beans. A doctor. It is rare and it has a name.
- **Smell changed suddenly** with no change in food or weather. A doctor.

FOR LIFE

Keep Day 2 and Day 3. Dry after every wash, two fruits a day, meat at lunch. That is the whole plan.

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Smell is one part. Your plan is the rest.



I write that plan for you. Your reports, your routine, what you actually eat. Three plans of ten days each, so it changes as you change.

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