

**Say Goodbye to  
Erythrophobia, Blushing  
and Sweating!**

**Complete Guide for  
all your Blushing and  
Sweating Problems!**



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The image shows a group of diverse young adults in a classroom setting, all giving a thumbs-up gesture. The background is a bright, modern classroom with large windows. The text and logos are overlaid on the image.

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## **Chapter 1- Do You Blush Or Sweat Away Too Much?**

You are standing in front of your classmates, giving an excellent speech and received a loud applause, and what? You are blushing! No too much blushing! Or it is excessive blushing! While all eyes have glued at you still you are sweating and feeling embarrassed. Your friends are laughing and making your fun, what would you do?

Most individuals are familiar with 'blushing' as that occurs as a response to something unexpected or unusual happening. Medically called as 'Idiopathic Craniofacial Erythematic', it is considered as an active response of sympathetic nervous system. For laymen it is too much sweating and reddening of a situation that occurs without of any apparent reason. No matter how it is defined, in reality the situation can be too much stressful and can even develop hypersensitive feelings within the sufferer. It is this hypersensitivity that can cause scary situations and further aggravates the trouble!

A numbers of reasons can be held guilty for causing this embarrassing situation within individuals. From thwarting incidents to phobia tic situations, the feeling of excessive blushing can occur in people even without any reason. This 'too much blushing' situation can cause social anxiety, interference within healthy relationships and even more severe costs to individuals as they are not able to carry on their duties on their own. It can impinge self confidence

and create obstacles in person's emotional, intelligent and social state of mind.

No matter what the actual reasons, it is better to go away with this horrifying, terrifying and ghastly disorder. Ample numbers of options are available which can be looked upon in order to cure too much facial reddening and sweating. Mental relaxation scientifically called as 'Psychological Rehearsing is the safest treatment for curing this syndrome. Meditation, exercises, hypnosis and deep breathing are done under it so as to rectify all discrepancies within a patient. Long term following of such techniques help individual's conscious mind to be firmly authoritative over unconscious mind so that body maintains its calmness even during nerve-racking situations. Other than this there are facial creams including GABA which can be applied in order to calm down nerves impulse system. Endoscopic Thoracic Surgery (ETS) is the only possible treatment for more severe cases.

Excessive blushing is a simple syndrome like learning disability or stuttering. The important fact to know is that you are not only one in world who is facing this disorder. It is just you have to detect it at correct time point which can be done only if its causes and symptoms are known.

## **Chapter 2 - What Causes Extreme Blushing In the First Place?**

Some individuals remembered the exact time when they encountered 'excessive facial blushing' whilst there are others who feel that they are dealing with this trauma since their birth.

Embarrassment or stresses are considered as two major causes of occasional facial blushing within individuals. The responses from overactive sympathetic nervous system leads to involuntary reddening of face thereby causing too much blushing in a person. Scientifically termed as 'Idiopathic Craniofacial Erythema', severe blushing occurs commonly in individuals who suffer extreme or persistent anxiety in emotional or social performance situations. In short, incidents which have a fear of failure or criticism leads to feeling of excessive blushing within sufferers. In severe patients however, there are possibilities that even a normal conversation can lead to intense blushing and embarrassing situation.

Too much of blushing and reddening of face, without any apparent cause can leads to physical and social anxiety within individuals. Patients can develop hypersensitive feelings which could even constrain their mental, social and emotional development thereby making the entire situation even worse. Psychologists consider it as a harmless reaction. According to them, increased sweating on face, shoulders, neck or just a 'flush', is only form of physical sensation within the

body. A problematic situation can arise only if tendency of blushing within an individual arise during a social meeting or at public places.

Over activity of the sympathetic nervous system is considered as scientific cause for this disorder. Involuntary responses from mind leads to organs and glands regulation without any conscious efforts from a person which further starts controlling the diameter of facial blood vessels. This generates feeling of too much anxiousness and discomfort that prompts up widening of blood vessels. Upper skin is flooded over with blood thereby making overall face to appear extremely red. In some individuals only the face gets 'flushed up' while in more severe cases there are chances of having similar patches on other body parts as well.

Disorder of facial blushing is unpredictable and it is difficult to combat it voluntarily. It not only happens in high stress conditions but also in general public meetings making the person totally embarrassed and anxious. Some individuals interpret it wrongly as a sign of sickness or incompetence but in reality this is not so.

If you are going through this problem then there are chances that it may low down your concentration level and make you feel totally defeated from life. So, it is vital to first detect it correctly which can be done only if its correct symptoms are known.

### **Chapter 3 - Is Excessive Blushing a disorder?**

Frustrations, anxiousness, distress, discomfort, stress, embarrassment and consciousness are some of the words to describe feelings of a person suffering from 'Idiopathic Craniofacial Erythema'. This is a scientific term for a disorder commonly known as excessive blushing.

Fathom - You are having lunch with one of your close friend and suddenly you discover that you have not brought your wallet. Your friend has told you that it's alright but still you are getting distressed. Not only your face but your shoulder, neck and hands have started appearing red and are terribly sweating. What would you consider it to be? Obviously, this is a situation with a person suffering from disorder of excessive blushing as he behaves differently from any other normal person. Individual with a fit mind will feel little embarrassing but then will feel comfortable and enjoy his meal. This distinction is enough for stating that a person is suffering from 'too much blushing' problem.

Excessive sweating on face and other body parts such as shoulders, neck, hands and reddening of these parts are other symptoms of this disorder. Intense heat sensation on face, aggravated feeling of embarrassment, stress, shame and pain, blotchiness in these body parts are other symptoms which can characterize that whether a person is suffering from this issue or not. Since, these are specific symptoms

laid down for this syndrome therefore it is not wrong to say that it is a disorder. With heavy heart this is true, but more true is that it is completely treatable. A person can live a normal life by getting completely rid from it in order to have a healthy life regimen.

After due research from intelligent scientists this disorder can be of two different types - Focal and Generalized hyperhidrosis. Just like their names, the generalized hyperhidrosis is inclusive of red patches on entire body structure while the focus hyperhidrosis is characterized by reddening and sweating of some of the body parts such as face, neck, shoulders and hands. Among these two, the generalized hyperhidrosis is considered as more severe than the other one as it affects the entire body structure. No matter what type it is, the problem of excessive sweating in a person leads to anxiousness, distress, frustration and discomfort within him.

Whether it is serious situation or just the beginning of it, controlling excessive blushing is really required. There are both practical and medicated ways to get rid from this issue, better understanding of which can be procured through following chapters in line.

## **Chapter 4 - Why Is It Important To Control Excessive Blushing?**

Excessive blushing also known as 'Idiopathic Craniofacial Erythema' is one of the increasing disorders within individuals. This particular ailment can occur in people of all age groups.

Scientifically, it is a situation in which the over active nervous sympathetic system of a person responds in more vigorous manner causing the widening of the blood vessels within the body. For layman however, it is excessive reddening and sweating of various body parts along with feeling of embarrassment and anxiousness within a person. Normally, such a situation arises when the person is inculcated with fear of failure or criticism which makes him full of stress regarding a particular situation.

For instance, you are going out with your family to watch a movie in theatre. Suddenly, your leg hits someone else feet which make you feel sorry. What would you do in such a situation? Answer to this question from a normal man would be to say sorry and move further whilst this response is different in person suffering from disorder of 'excessive blushing'. Such an individual feels intensely embarrassed and ashamed that his body starts appearing red in color along with excessive sweating over various areas such as face, neck, hands and shoulders.

In case, the situation is worse for a patient then process of sweating and reddening is seen all over the body area leading to complete 'flush'.

Such a situation is enough to make readers familiar with the severity of the condition and to make them know that how important it is to control this problem. Reading the first two chapters must have let you know about the initial symptoms of this disorder. Although, it is truly tricky to have a voluntary control over this disorder but still, it can be done by having both mental and emotional relaxation by sufferer. It is better to combat over this issue during its initial stage of occurrence. Ignorance and lack of attention can make the situation more worsened which can lead to situation of 'Generalized hyperhidrosis' in which reddening and sweating occurs on entire body part. Such severe condition calls for a surgical treatment as it becomes difficult to cure it with other practical medications.

Surgery is the final possible treatment for this issue, but then it comes with heavy costs and ample number of risks. A wise decision in such a situation is to overcome this disorder during its initial stage so that it can not only be controlled but can be fully eradicated. In case, some of you have crossed that initial level then still don't worry as there are other possible treatments as well.

## Chapter 5 - What Are The Possible Cures Available?

Facial blushing is defined as normal, healthy psychological response to an unexpected situation. Problem however occurs when this response becomes too aggravated and develops feelings of anxiety and embarrassment within a person. It exploits not only the emotional well being but also makes the physical appearance totally red and full of sweat.

As read in earlier chapters, this disorder can cause lot of damages to a person's mental, emotional and social life. It is really very necessary to control this ailment! There are numerous cures and treatments which can be considered by individuals in order to get totally fit.

- Experts consider social phobia as a major cause for excessive social blushing. Excellent outcomes are attained for this by carrying on act of psychological treatments. Cognitive Behavior Therapy, CBT is such a treatment which is help individuals in changing their thinking patterns regarding a particular situation.
- To overcome signals of facial blushing, hyperventilation is considered as a good remedy which can be obtained by regular practice of deep breathing.
- Fear confrontation done under a counselor or so is another effective way.

- Medicines such as Propanthelin, Ditopan and Robinol are another good source of treatment to cure facial blushing. Beta blockers, Anxiety medications and Clonidine are suggested medication types which can be consumed along with bio feedback process.
- There are specially designed creams as well which are inclusive of a truly effective ingredient - GAMA. This particular ingredient helps in reducing down the reddening of the face so that a person appears normal in looks.
- In case, all such medications didn't work out then there is a surgical way also which is considered as most effective way to get rid of this ghastly ailment. ETS, Endoscopic thoracic Sympathicotomy is a surgical way to cure this disorder completely. Undergoing through such a treatment not only reduces down the reddening effect caused due to the disorder but also balances out the level of sweating and anxiousness. 'Good things are always accompanied with costs'! This holds true for this treatment method as well as it involves numerous risks with it which can also make the condition even more worsen.

Best way to overcome this disorder is to visit a physician during its initial stage. Detecting the ailment early can help in curing the problem with simple and safe treatments possible. In case, readers think that basic treatments are not going to work then they can have a look at surgical ways also.

## Chapter 6 - How Far Can Surgery Help?

Many individuals suffering from agony related with excessive blushing found ETS or Endoscopic Thoracic Sympathectomy as the simplest way to get rid of this disorder.

Surgery done for blushing seems very easy for individuals to get rid of this problem completely. They think that it is the only perfect solution which can provide them with a normal physical, emotional and mental balance state. After trying and spending so much on numerous other treatments they end up with only one answer left - ETS. After excessive research work from scientists, most physicians also consider it as the ideal way to combat the problem of too much blushing completely. Wait! Just think before getting this costly affair done!

It is true that ETS is the most effective form to overcome this problem, but for readers knowledge there are tons of risks and side effects attached with this way of curing. One important fact which I think that all readers must know is that ETS affects body nerves. It is true! Scientifically, the syndrome of too much blushing is caused due to over activeness of nervous sympathetic system. In order to overcome ghastly effects of this ailment, surgeons cut down such nerves which are involved in blushing reaction.

Deliberately done action to damage such nerves is a medical step so as to cure the 'excessive blushing disorder'. Since there are chances that other nerves may also get damaged so getting this surgery done is not a simple task. Surgical process done is permanent and irreversible. Once damage has been caused on other normal body nerves then it can't be rectified. Such damages can lead to side effects such as problems relating with regulation of body temperature, decreased stamina capacity, reduced lung breathing capacity, excessive sweating over all other body parts and even to paralysis of any organ.

For such hazardous reasons, surgery done for blushing has been banned in many known countries. Best way to get rid of this disorder is to go for safe, effective, inexpensive and easy treatment methodologies. Psychological and therapeutic measures have been outlined by experts that are effective to a great extent and provide really benefitting outcomes. They are inexpensive, free from side effects and affordable which makes them suitable for all individuals suffering from this ailment.

Problem of excessive blushing can occur in both males and females at any point of age. There are more other risks which must be known by readers for gaining deep knowledge regarding this.

## **Chapter 7 - What Are The Risks Involved In ETS?**

Tried out everything but still not satisfied! When such a situation occurs within individuals suffering from disorder of 'excessive blushing' they look for only option left - ETS, Endoscopic Thoracic Sympathectomy.

Scientists consider treatment of ETS as most effective way to get rid of the problem of too much blushing. This is a surgical treatment process which takes almost 4 to 5 hours to get completed. If you have read earlier chapters then you must be aware that this particular disorder occurs in individuals due to over active nervous sympathetic system. Hypersensitivity response of these nerves against any unexpected incidence leads to increased feeling of embarrassment and anxiety within individuals suffering from this disorder. This leads to widening of blood vessels which causes reddening and sweating among all body parts of the person.

According to doctors, this entire mechanism can be controlled only by performing a truly intense surgery. In such surgical process, nerves responsible for this ailment are cut down so that their response can be stopped down from travelling to other body parts. This is however, the only technique to cure this issue, but it is accompanied with numerous risks and side effects which can make the situation more ghastly. In case wrong nerves are cut down by surgeons then this could lead to paralysis or improper functioning of any of

the body part. There are also chances that entire body may not function properly.

Reduced intensity of lungs respiration, decreased stamina capacity, decreased heart rate and loss of facial expressions are major side effects which could occur due to any kind of failure of this surgery. In addition to these major damages the surgery can also lead to marks on body parts, even more intensive sweating rate, problem in breathing and speaking and improper vision and hearing aid. There are very high chances involved of occurring of any of such problems. This is because of complex interaction of nerves with each other which makes the entire surgical process truly tricky and full of risks.

Surgery is a permanent move in life which can't be rectified nor is irreversible! This implies that if once such damage occurs to body of a sufferer then it is extremely impossible to get rid of it. People who are having this embarrassing and agonizing disorder can go for other possible measures which are not only practically possible and 'risk free' but are affordable too. Psychological and acupuncture are some of such ways which have been discussed in next two chapters.

## **Chapter 8 - Can Acupuncture Treat Excessive Blushing?**

As a matter of fact excessive blushing is an issue of concern from the many suffering from it. It is scientifically known as idiopathic Craniofacial Erythema. As complex the name might sound, it is not such a grave ailment if you come to think of it. Blushing is a human and natural phenomenon that occurs with almost everyone while they are young. The adults are supposed to be more calm and composed and hence are expected to be confident and blush less. This may somehow not be the case with everyone. Some people might continue to blush throughout their lives and this is not right.

Acupuncture is originally an old Chinese art for the removal of these sorts of problems. Acupuncture is a unique and advanced way to get rid of these issues that hamper your personality. When the fine hair like needles is inserted at the key points of your body, you shall definitely find respite from your problem. There is little or no pain involved and the results are wondrous. This treatment is sure to rejuvenate and refresh the person whilst also eradicating the issues of excessive sweat and blushing.

You do need to be careful about a few things though. You need to be sure that the needles used in this technique are well sterilized and adequately clean so as to eradicate the possibility of infection and

septic. You need to get this done only by a trained medical practitioner so that you are sure of the quality of the treatment you receive. Acupuncture is sure to help you in curing of this problem before it gets out of hand. These problems should not be overlooked as when they develop further, they can have drastic effects. So it is right time that you get a checkup done to find out how severe your issue of blushing and sweating.

Sweating and rise in the body temperature is also a result of blushing and feeling shy. It is not healthy to be shying away from every situation in life. There will be times in life when one shall have to face a lot of difficult and unavoidable situations. One cannot just feel shy and blush away from the hardships of life. The self-esteem needs a boost for sure. Besides the emotional polishing, one can also get rid of the embarrassing moments of over sweating and nervousness with a little help from acupuncture.

## **Chapter 9 - Let's Hear From People Who Once Suffered From Excessive Blushing**

Disorder of 'excessive blushing' is truly painful and full of distress. It not only affects the sufferer's physical well being but also destroys his emotional, mental and social balancing power. Readers must have already read that how destroying it could be, but don't panic! There are ways out as well!

If you, or someone close to you is suffering from this ailment then don't panic, there are solutions! Mathew, a 22 years old guy, was fully dawning off after trying out almost everything to get rid of this disorder. Anxiety and pain were two attacks which were ruining up his life. His situational life however altered! A combined therapy of medications and psychological measures brought in new brightness in his life. His problem of excessive blushing has now almost disappeared and he is living his new life to fullest. This is one form of combined treatment which can be adopted by patients suffering from this disease. Even most of the experts recommend it as it is not only effective but completely safe and free from all kinds of side effects.

This was not however the case for Jamaica, a 16 year old lovely teenage girl. She discovered this disorder when she was in eighth standard, when just dropping water over her friend made her face completely red and sweating. Her parents and close ones ignored this

issue earlier but when the situation started occurring frequently, all family members felt the pain. Soon Jamaica was taken to an expert doctor who suggested her to go for confronting medications such as meditation, deep breathing and exercising so that her nerves can be calmed down. It has been six years now after her treatment and she is now fine. A regular exercising regimen is followed by her that makes her to be relaxed, calm and obviously fit.

Just like Mathew and Jamaica, there are more other individuals who were suffering from this disorder but are now living a great life. They are fit! Normal! Happy! Lively! Besides such treatments, individuals can also go for medicated treatments as it is also safe. ETS is considered as one of the most effective surgical treatment for this disorder but it should not be forgot that it has got numerous risks attached to it also.

Any treatment can work wonders! Yes, any type of curing methodology can help sufferers to come out of this ghastly, tricky vicious circle but only if such individuals have self-confidence and drive to live a normal life. In last chapter, there are certain practically possible tips to control this disorder. Just have a look!

## Chapter 10 - Tips for Controlling

### Excessive Blushing/Sweating

After knowing almost everything about ghastly disorder of 'excessive blushing' or scientifically called as 'Idiopathic Craniofacial Erythema', readers must be looking for some really helpful tips.

Easy to follow tips have been designed by experts which can be followed by sufferers in order to get rid of this ailment. It is not promised that these steps will totally eradicate the issue but it is a guarantee that it will at least help in controlling it.

**See a doctor:** If you think that your 'blushing style' is not normal or rather too loud to handle then see an expert without wasting another minute. Most individuals try to ignore the issue rather than solving it which finally leads to more severe situations. Why to make the condition more badly? Just visit a doctor only in initial stage of disorder.

**Building up confidence:** When other taunts sufferer about their disorderly functioning then this greatly affects their self-confidence. They feel more anxious, embarrassed and painful even about minor situations. It is therefore necessary for such individuals to build up their self-confidence and develop a positive outlook towards life.

**Exposure to social situations:** People suffering from this ailment tend to avoid social meetings. This is because they are too self-conscious about reddening of their face. This however, is not a solution for the problem and can make one too feel shy about talking to others, especially strangers. People suffering from this ailment therefore must interact and socialize with others so as to maintain their emotional and social balance.

**Deep breathing:** This is one form of exercise which helps in curing the anxiety and mental imbalance related with issue of too much blushing by calming down the over active sympathetic nerves.

**Keeping a 'journal for blushing':** keeping timely records of blushing triggers can help in providing better treatments to the patients.

**Self hypnosis therapy:** Regular and timely sessions of self-hypnosis can help in controlling the affect of excessive blushing to a large extent. For this MP3 and CDs can be brought from market.

**Meditation:** Practice of meditation is another great way to relax the over active nerves in an individual. It is more beneficial if it is done twice to thrice a day so that it is easy to calm down the nerves for a better and normal state of mind.

'Excessive blushing' is a disorder which can make one's life miserable. It is but treatable! Not only this, it can be treated with such simple measures. This is not the end! Adopt effective treatments, have faith in your life and eradicate this ghastly problem! Live a healthy life!

### **Conclusion**

The good news is that whatsoever may be the reason for excessive blushing, the problem is 100% controllable. From surgery to natural ways of treatment, there are a number of ways which can help a person suffering from excessive blushing to combat the problem successfully.

The patients must not give way to embarrassment, despair or discomfiture. Blushing is a very normal and an impulsive reaction. For those who sweat and blush a little more than what is considered to be normal, there is a solution!

Confident and positive thinking can solve half of the problem. Do not let any negative thoughts get in way. Hope you are able to kick the problem very soon! All the very best!