

# FOOD AND BODY ODOR: AN INTERESTING LITTLE MENTIONED ISSUE

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## ABSTRACT

Body odor is an important characteristic of specific individual. The body odor can be smelt by the other persons and it may be an attractive or non-attractive thing. The cause of body odor is very interesting. The relationship between ingested food and body odor is an interesting issue that is little mentioned in clinical medicine. This specific issue is reviewed and shortly summarized in this article.

**KEYWORDS:** Body, Odor, Food.

## INTRODUCTION

Body odor is an important characteristic of specific individual. The body odor can be smelt by the other persons and it may be an attractive or non-attractive thing. The cause of body odor is very interesting. In classical Chinese medicine, the body odor is an important thing to be investigated for diagnosis of the medical problem. In fact, in modern medicine, several disorders can result in malodorous body such as alcoholism, end stage renal disease, ketoacidosis and liver failure. The relationship between ingested food and body odor is an interesting issue that is little mentioned in clinical medicine. This specific issue is reviewed and shortly summarized in this article.

## HOW FOOD CAN RESULT IN BODY ODOR

In fact, body odor is related to the chemical content within the secretion from human body. Several body secretions have odor. The good example is the odor of the breastmilk [1]. The breastmilk odor is proven an information factor

relating to breastfeeding initiation [1]. Sometimes, the unwanted smell is due to the biological process caused by the bacteria at the body skin. The examples of those bacteria species are *Staphylococcus epidermidis*, *Propioni bacterium freudenreichii*, *Micrococcus luteus*, *Corynebacterium jeikeium*, and *Corynebacterium xerosis* [2]. Wanted or unwanted odor can result in facial expressions as happy or disgusted [3]. Sometimes, sweat from human body is considered as an annoying social odor [4]. Some specific parts of human body are also considered as organs that can be malodor (such as axilla or vagina) [5].

The physiological cause of body odor is due to metabolic process and ingested food [6]. The alteration of body odor can also be due to dermatological bacteria, metabolic disorders, toxic elements and drugs, and contact with various xenobiotics [6]. There are some interesting reports on the association between food consumption and body odor.

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The good examples are the study on axillary odor and ingested food. Havlicek and Lenochova noted that *“red meat consumption has a negative impact on perceived body odor hedonicity [7].”* Fialová et al. noted that *“garlic consumption may have positive effects on perceived body odour hedonicity [8].”* Regarding the vagina odor, in animal study, it is confirmed that estrus-related odor exist in several kinds of body fluid including vaginal fluid [9]. In human, the recent study showed that drinking yogurt drink containing Lactobacillus strains is helpful against bacterial vaginosis [9]. The discharge and unwanted smell can be observed in the women drinking yogurt [10].

## **CONCLUSION**

Daily food intake is an important factor associated with body odor. The selection of good food ingestion that can prevent the unwanted malodor body is important.

## **CONFLICT OF INTEREST**

None

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