



Male room

Oooh, that smell

Banish toxic BO — one e-mail at a time

TODAY I would like to address a highly sensitive topic — body odor in the workplace. I'm talking about bad body odor. Mouth-breathing bad ... Glade PlugIn bad ... "We're gonna need a bigger Speed Stick" bad.

It's the conversation you never want to have. The "Dude, you reek" conversation. And now you can avoid it indefinitely.

The other day I got an e-mail from a Web site called trafon.com with a pop-up "Gassy Greeting Card" that said: "You're stinking everybody out! Please do something about it!"

It's about time somebody launched a site like this. It's the perfect cop-out for the co-worker across the cubicle or the boss who's been avoiding that awkward olfactory sit-down.

Just go to the Web site and type in a destination e-mail address, and the unpleasant news is delivered quickly and anonymously in a frank and colorful Internet intervention.

"Man, I wish that was around a

couple years ago," says my friend Anthony, a headhunter in Midtown.

Anthony was in the worst of lose-lose predicaments.

"I placed this European guy with a programming company in the Financial District, and it was going fine until his boss called a couple of weeks into it to complain," he says. "He said the guy was a hard worker but that no one could stand him because he smelled."

Keep in mind, Anthony's job-placement company loses its 10 percent commission if the employee gets axed before 90 days. In this case, they had about \$8,000 riding on it, so his boss made him meet with the hygienically challenged client.

"Go tell this sonuvabitch to take a shower!" the boss hollered.

Anthony presented the smelly worker with a variety of soaps. "I was hating it," he said.

The employee got canned two weeks later.

So now, not a moment too soon,

enter the Gassy Greeting Card, with its helpful link to an anti-odor blog run by Philadelphia nutritionist Bill Downs.

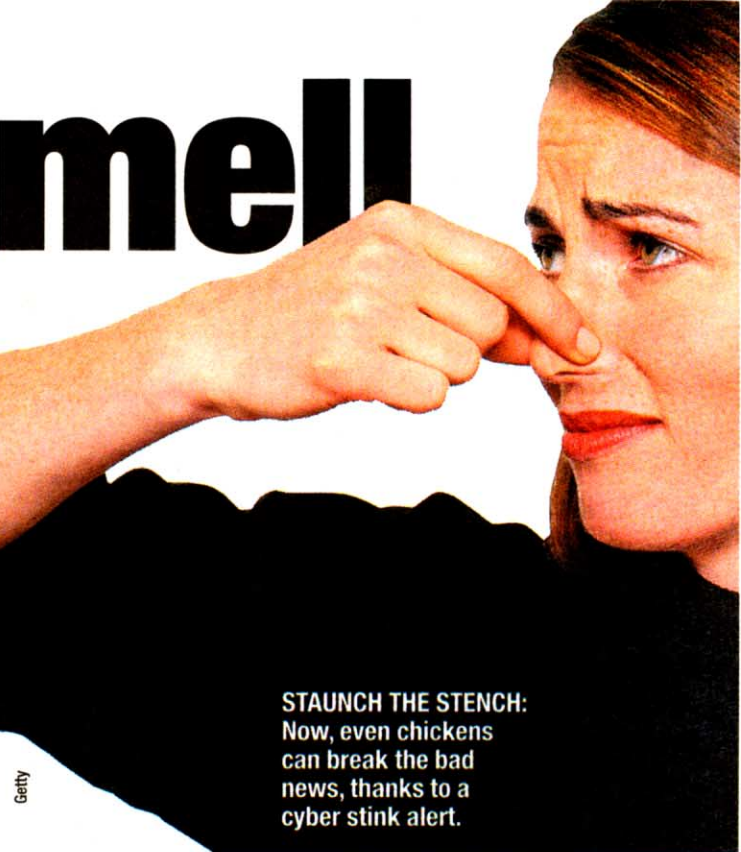
"The greeting cards are a portal of humor to the Web site," says Downs, 54, "but the higher objective is to get people to realize their nutritional deficiencies."

"In some cases, body odor is a glandular issue, but usually the stench is coming from the inside out. It begins in the gastrointestinal tract, and that can be improved by diet. Eat foods with digestive enzymes, like oatmeal, kasha, fish and string beans."

In my case, the Gassy Greeting Card was obviously nothing but a whimsical prank. Or at least it was nothing that can't be fixed by rubbing my pits with the dried leaves of a witch-hazel shrub.

Seriously, that's one of the prescribed home remedies for treating BO.

Among the others:



Getty

STAUNCH THE STENCH:
Now, even chickens can break the bad news, thanks to a cyber stink alert.

■ Use apple-cider vinegar instead of deodorant, because it reduces the pH of the skin and kills bacteria. Vinegar has a pH factor of 2. Battery acid has a pH of 0, but I'd use discretion there.

■ Chew on parsley and alfalfa, or drink 500 mg of wheat grass every day on an empty stomach. This will reduce body reek because of the deodorizing effects of chlorophyll.

■ Drink a cup of sage tea daily to reduce sweat-gland activity.

This is especially good for those who perspire excessively due to tension.

■ Instead of an aerosol deodorant, substitute a spritz of radish juice. Use either under the arm or as a foot deodorizer.

So there it is. Stop stinking up the joint already.

As for those jokers here at my office who sent me that e-mail? I hope they enjoy my new scent of radish.

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