

Sweating is the process by which your body regulates its temperature. It occurs when your body produces sweat, which is a liquid that is made up of water, salt, and other minerals. When sweat evaporates from your skin, it helps to cool down your body. Sweating can occur for a variety of reasons, such as when you exercise, are exposed to hot temperatures, or experience feelings of stress or anxiety. It's a natural and healthy process that helps your body maintain its proper temperature and can also help to remove toxins from your body.

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