

How to Live With Fish Odor Syndrome

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Fish Odor Syndrome (also called Trimethylaminuria or TMAU) is a rare genetic disease that interferes with the body's ability to produce MONOOXYGENASE 3. The result is a failure to breakdown TRIMETHYLAMINE that is naturally consumed in the diet. People who are afflicted with TMAU produce an offensive body odor that is released through sweat, urine and their breath that smells like rotting eggs, garbage, feces, urine or rotting fish. Presently there are no known cures or treatments for TMAU, but it is still possible for people who are afflicted to live relatively normal lives. Here are suggestions that will help.

Difficulty: Moderately Easy

Instructions

- 1 Avoid certain types of [foods](#) that exacerbate TMAU, such as eggs, legumes, certain meats, fish and any food that contains CHOLINE, NITROGEN or SULPHUR.
- 2 Low doses of antibiotics can be taken to reduce the amount of bacteria in the digestive tract.
- 3 Use soaps that are moderately high in pH--between 5.5 and 6.5.
- 4 Try consuming charcoal or COPPER CHLOROPHYLLIN to help reduce the incidence of TMAU. While there are no conclusive studies that have demonstrated that charcoal will absolutely alleviate the disease, many individuals have experienced some moderate relief.
- 5 Try attending a TMAU support group or enlist in genetic or behavioral counseling.

Tips & Warnings

- The degree to which TMAU odor occurs varies according to factors such as diet, hormones and an individual's perception of smell.