Botox
Can It Improve Your Mood?
By Mark S. Nestor, M.D., Ph.D.

It is suspected that a phenomenon linking facial expression and emotions, called "facial feedback", is the reason. Because Botox makes us smile, we actually become happier. The idea that the act of frowning itself can make a person unhappy — and that smiling can trigger happiness — was first suggested by Charles Darwin, and there is a growing body of evidence that it may be true.

Botox, like other drugs, is not only prescribed for its intended use in cosmetic procedures. For many years, it has also been approved to reduce or stop sweat glands from over-producing sweat, and it has been proven to help patients with chronic pain and conditions like cervical dystonia, or uncontrolled muscle contractions of the neck and shoulders. What if it could also help depression?

In 2006, a cosmetic surgeon in Maryland injected Botox into frown lines of 10 clinically depressed women. The treatment was found to eliminate depression symptoms in nine of them and reduce symptoms in the 10th woman. The results using facial feedback, in which people frown back at a depressed person, further deepen that person's sense of isolation. If a depressed person can't frown because of Botox treatment, then others won't frown back at them, thereby breaking the loop.

In the near future, a more conclusive study will be conducted on toxins like Botox to see if they enable us to function better and be more productive, and if they help us to get along better with others.

This particular study aside, it is proven that when you look good, you feel good. People who feel more attractive carry themselves with more confidence. Botox is just one of the many dermatologic treatments that can produce a more refreshed and younger appearance. Patients who undergo these treatments usually remark that looking in the mirror is now enjoyable, therefore making them happier.

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Beautiful results.
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