

COLUMN

“I only wish I fixed my smile sooner!”

This is the most common statement we here from our patients who decide to undergo a smile makeover. Many people debate for years on if they should address their smile and most commonly put it off due to time, finances, or am I worth it? You are! Many people view a smile makeover as a vanity project when, in actuality, it is a quality-of-life issue. There are many reasons why addressing your smile can change your life. Here are just a few...

Simply feel good!

When you're smiling, no doubt you're having a much better time than when you're not! Smiling simply makes you feel better! You also use fewer muscles to smile than you do for frowning. Research has shown that smiling releases serotonin – a neurotransmitter that produces feelings of happiness and wellbeing. It's like a circle of happiness. Smile and you feel happy, you feel happy and you smile! Even when you're not feeling great, try smiling, and see how you feel!

A Smile is Contagious!

Have you ever been in a sour mood and then someone has come along with a huge smile, how did this make you feel? When people that surround you are smiling, you can't help but smile! A smile has special powers. You can calm fear, insecurity, hurt and anxiety not only in yourself, but in those that are experiencing those feelings. You will brighten the days of those around you and make a difference in their lives... simply by smiling!

Build better relationships!

Smiling is a key ingredient for establishing healthy and genuine friendships. When someone is smiling at you it



Dentally Speaking
by Jeffrey S.
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indicates that they like you. Smiling is crucial when it comes to first impressions. Smiling when you first meet someone will indicate to the other person that you are genuinely happy to see them and that you are a positive person. These impressions will be lasting on the other person so definitely not one to miss!

You are more attractive!

Research has proven that we find others more attractive when they are wearing a smile. This one is a no-brainer, however, think about someone who you know and think of first when they are down, sad, angry, frustrated, whatever it may be. How attractive are they? Now picture them simply with a smile on their face. What does this do to their attractiveness? If you took the time to do this exercise, I'm sure you would have easily found the smiling version much more attractive, and maybe this even made you feel happy inside yourself!

Grow old Gracefully!

Wrinkles! Something that we all don't want to have, however it is something that comes to us all leaving permanent marks of our emotional feelings throughout life. Smiling throughout life will NOT mean you won't get wrinkles... I wish it did! However, having a rejuvenated and healthy smile takes years off a person's experience. We witness this EVERY day in our practice. Most people don't even realize that your teeth support your lips, facial muscles, and jaw and this has a tremendous effect on your profile and facial appearance. When a person has their smile returned to the bright and youthful look they originally had, it can make them look 10 years younger!

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