

Do Celebrities Regret Plastic Surgery?  
(セレブは整形手術を後悔してる?)

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What do celebrities such as Kathy Griffin, David Gest, Kenny Rogers, Jill Saward and others regret?

Do other celebrities such as Priscilla Presley, Cher, Joan Rivers and Melanie Griffith have the same regrets?

Are Michael Jackson, his sisters Janet and LaToya and Jackie Stallone related or do they, too, harbor regrets?

What do these celebrities have in common that causes them angst? Why, plastic surgery, of course!

Do you find it interesting that celebrities who can afford the very best surgeons and care often find themselves the butt of cruel jokes regarding their choices of using surgery and injections that were supposed to make them look younger?

Living in the limelight can certainly have its advantages and perks but there is a downside to living life on the red carpet and that is most likely why celebrities subject themselves to constant scrutiny that results in multiple procedures.

From nose jobs to breast implants, brow lifts to face lifts, cheek and chin implants, to eye lifts and regular use of Botox and fillers, the celebrity population keeps the plastic surgery business alive on both coasts.

John Q. Public loves celebrities and some even want to emulate them. Just peruse any woman's magazine and you will find knock-off clothing suggestions from shoes, jewelry, sweaters, tops, slacks to coats coaxing the reader to look like a celebrity.

Buying knock-off clothing and accessories to emulate a celebrity is just one step from wanting Jennifer Anniston's nose or Madonna's new cheek implants.

Aging with style and grace has been compromised with the advent of injections that plump and paralyze; add cutting perfectly healthy tissue, a very generous and sustained publicity blast that has kept these modalities forever in our psyche, and voila - faces are being cut, sutured, injected and altered at an alarming rate.

Do the procedures really help men and women to look younger and healthier? Do the risks outweigh the outcome? Donda West and her untimely death easily comes to mind when you consider risks and benefits.

Like Ms. West, many men and women in her age group have hidden health challenges that may not be uncovered until it is too late.

Choosing a well qualified surgeon is paramount; disclosing all

medications, vitamin usage, previous health concerns and procedures will assist your health provider to determine your eligibility for plastic surgery.

Choose a surgeon in good standing with the American Board of Plastic Surgery.

Plastic surgery is not a walk in the park. Every surgery has its risks and dangers.

Surviving a surgery then contracting MRSA (methicillin-resistant Staphylococcus aureus) is highly possible.

This makes recovery especially difficult because eighty percent of facelift surgery infections are MRSA "Superbugs" according to a study conducted by researchers from the Lenox Hill-Manhattan Eye, Ear, and Throat Hospital and published in the Archives of Facial Plastic Surgery .

Other risks of cutting and suturing are that the results may not be what you anticipated.

The skin surrounding the incision may not heal or act like your skin did previous to the procedure.

Once healthy skin is cut, it is never the same.

There is usually a loss of sensation (think Joan Rivers in the Geico commercial when she laments that she cannot feel her face) because the blood supply to the area has been diminished.

Injections that plump and paralyze do not always produce the desired results either.

Too many visits with the syringe and you can begin to look freakish as taut and shiny are not synonymous with beauty and youth on a face that is trying to disguise old, wrinkled and droopy.

So what's the healthy solution for creating a younger looking face so the user doesn't have to suffer from invasive injections or risky surgeries?

The healthy solution is facial exercises.

That's right, just as exercise works to trim, slim and tighten your waist, tummy, hips, thighs, torso and arms, facial exercises will address each slack, droopy facial feature and begin to systematically from the inside out tighten, tone and lift the areas that make you look old, tired and even lop-sided.

Facial exercises are more reliable than surgical procedures and injections because they can return your face to the look you enjoyed years ago.

Your friends and family will easily recognize you as you present a fresh, pretty face for the world to see.

<http://www.rejenuve.com/FacialMagicSL.htm>

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About the Author:

Cynthia Rowland is widely recognized as an expert in all natural facial fitness.

She has appeared on The View, NBC 4, Fit TV, HGTV and other popular shows.

This author, speaker and television personality is leading the crusade to keep men and women looking vibrantly younger through natural techniques without spending their children's inheritance.

Discover how to look younger with Cynthia 's free report Facial Exercise the Evidence Doesn ' t Lie  
<http://tinyurl.com/43e462>