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**Botox Toxin Not So Toxic**

**By Barry Lycka, M.D.**

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The Botox toxin is not so toxic if you're trying to take the crinkle out of your wrinkles. The clostridium botulinum bacteria produce Botox. Now you see why we call it Botox for short. The protein toxin is being used around the world to help produce a healthier, more youthful appearance.

It's not surprising that we develop wrinkles, as we grow older. Every time we smile, frown, cry or laugh we make an imprint on our faces. If we're lucky, it takes years before we can visibly see the imprint. If we're not lucky, then the wrinkles are more obvious than we'd like. Whichever is the case, the wrinkles inevitably surfaces and when they do Botox is here to fight it.

Botox works hard to eliminate the wrinkles that occur when we use our face muscles too much. "I remember when I was growing up, my mother use to tell me not to frown. Never, ever did she tell me that I'd end up looking like this," says 55-year-old Gladys Rhome. Rhome had botox injected into the laugh lines around her mouth. She is very happy with her first treatment of Botox. Now, six months later she is coming back for more. "It helped me to get rid of lines around my mouth. It's time for me to get rid of the lines on my forehead as well, she laughs.

The FDA gave Botox the okay for use in April 2002. Since that time Botox has proven safe in getting rid of our most hated facial wrinkles. I'm talking about wrinkles like the laugh lines Gladys Rhome suffered from as well as frown lines and crows feet. Doctors have been using Botox for more than ten years and so far they've seen no serious side effects. "I had a little swelling after my first treatment," says 42-year-old Sara McFarlane. She is a Botox pro. McFarlane has received three Botox injections in the last two years. She also plans on one day having a Botox party. Hosting a party is one of the ways some folks are spreading the good news about the wrinkle-crinkle Botox.

Whether you do it alone, or with a group of friends you would be surprised to see how relatively easy the procedure is. The Botox injection is placed directly into the face muscles that create wrinkles. "All I felt was a little pinch, then numbness. The numbness went away after a couple of days," says

McFarlane. She may have gotten use to the numbness, but it's very hard to get use to not frowning.

Botox can prevent you from frowning and some people don't like that. However, most people can live with the side effect. "At first it was pretty odd, but I grew to accept it," says 44-year-old Rebecca Stanton. Stanton has used Botox on and off for the last three years. She's used it so much that she can't remember how many times she's been injected.

Botox took away Stanton's frown and it could take away yours as well. A tiny needle is used to place Botox in a muscle along the wrinkle line. A small amount of Botox basically renders the face muscles helpless. The amount is so small that you don't have to worry about it spreading through your body. Your lines will diminish and in some areas disappear altogether.

You may experience a little localized pain, tenderness and bruising in the aftermath of the injection. Your muscles in the vicinity of the injection may also be a little weak. However some people see this

as a minor annoyance. You can see the affects of the injection right away. "It was great! I got my injection on a Saturday. I went to work on Monday and everyone was talking about how well rested I looked. I didn't tell them I got a Botox," says 31-year-old Jessica Lake.

The treatment lasts approximately three months to six months. Most people will need another injection after that time. You can repeat the injection as long as you don't have any serious side effects. The two good things about a Botox treatment are that it can be repeated as many times as you like. And, the treatment takes less than an hour. You can literally do it on a lunch break from work. In fact, doctors say the more treatments you have the longer the lasting effects seem to be.

Botox is used in extremely small amounts and does not spread throughout the body. An allergic reaction is not very common. However there is the possibility that you may have a problem with a droopy brow or eyelid. It is not a problem that will not correct itself over time. Botox can be used by almost anyone. However you should not use it if you're are pregnant, breastfeeding or have a neurological disease.

Dr. Barry Lycka is an internationally known cosmetic dermatologist and surgeon who practices in Edmonton, Alberta, Canada where he has worked from 1989. Recently, Dr. Lycka was chosen as Alberta's Dream Makeover Doctor. For more information you can visit his website at

### **Are Botox Treatments A Miracle For Wrinkles Or A Toxic Scare?**

**By Holly Dodd**

A quick online search for the term Botox will reveal that there are as many people searching for Botox as there people searching for Botox alternatives. Botox was approved by the FDA in 2002 as a cosmetic procedure to get rid of wrinkles. A simple needle injection was demonstrated to miraculously

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eliminate nagging lines and wrinkles and the boom was on....until people started to read about what "tox" in Botox really was.

Botox is the trade name used for Botulinum Toxin Type A. Yes, I said toxin as in poison. Botox is in fact a relative of botulism, a kind of food poisoning. This food poisoning occurs when a person eats any kind of food that contains a neurotoxin which is created by the bacterium Clostridium Botulinum.

Botulinum Toxin Type A, which is just one of seven of the neurotoxins that are produced by the bacterium Clostridium Botulinum. Botulinum Toxin Type A causes serious fatal conditions such as paralysis.

When this occurs, the neurotransmitter that is in charge of triggering muscle contractions (acetylcholine) can no longer be released. The Botulinum toxins have attacked the proteins such as SNAP-25 that are supposed to be essential for release of this acetylcholine.

The Botulinum toxins have now accomplished blocking the signals that are supposed to tell the victim's muscles to contract.

By now you're probably wondering why anyone would want to inject these toxins into their body INTENTIONALLY. The reason is that we want to get results fast and Botox does work. If any area of your body can be prevented from moving, then it can't contract and guess what? It can't wrinkle – that is the phenomenon of Botox!

Botox starts to work within hours but the results will not last permanently. Depending on your body, the effects of Botox can last anywhere from 3 to 8 months.

As for whether Botox is dangerous or not, the dangers remain fairly low.

Botox is definitely not recommended for people with neuromuscular disorders as it would be dangerous for them. It is also not recommended for people with cardiovascular disease. If you don't have either of these problems you should still consult with your physician before considering Botox.

Studies have shown that if you are a person that is a good candidate for Botox injections and the injections are administered by a qualified profession you should not experience any dangerous side effects. If you are searching for a way to look longer, generally Botox is a relatively safe way to combat the aging process.

Web publisher, Holly Dodd writes articles about Botox Treatments for her website

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