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Menopause, Andropause And Other Hormone Imbalances
Impair Healthy Healing In People Over The Age Of 30!

Should I Have a Face Lift

By Wendy Ann Owen

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by: **Wendy Ann Owen**

Good question! A face lift is major surgery and surgery means blood, mess, discomfort, stitches and time out to recover. A face lift is expensive too.

There are risks to consider, one is hematoma when the blood collects under the skin and has to be surgically removed. Damage to the nerves that control your facial muscles is another although this is less common. Slow healing time can also be a problem although this is found mainly in smokers. Oh! and don't forget the usual risks that are involved with anesthesia.

On the plus side, the effects of a face lift are quite dramatic. It is without a doubt the fastest and most permanent way of shedding your 'old' face and regaining some of that youthful beauty you were born with..

If you've considered these things and decided that the final outcome is worth it, then proceed, but first please ask yourself these questions.

Why do I want a facelift?

Am I doing this because its going to help me find the job that I really want? This is a valid reason for going ahead. It shouldn't matter to those that hire people how old the applicant is or what they look like, but in the real world we know that these things do play a part. If you have a job that has a lot of public exposure, this may also be a good reason to proceed.

Am I doing this because my partner wants me to?

Red alert! Never let anyone else talk you into having a facelift. It is a very personal decision and one only you should make. Ask yourself why are you with someone who values you only for your appearance. Honor yourself, you are more than your face! Perhaps you should be working on your

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relationship and leaving your face alone!

I'm thirty five and have lots of wrinkles around my eyes and cheeks, and my neck is all mottled

A face lift won't help this situation. You are better off exploring the avenue of laser resurfacing or even chemical peels, they will strip the old layer of skin off and reveal a smoother younger appearance. It sounds like you have a lot of sun damage, get educated on the use of sunblock! Its everybody's most important cosmetic.

I'm depressed and don't feel good about myself. Maybe a facelift will help me feel better?

It may for a little while, but it sounds like you have a self esteem problem. Learn to love yourself the way you are first. Then if you still feel a facelift would give your morale a boost, go ahead.

I'm in my early fifties and notice my face is starting to sag quite badly. I can afford the surgery and reckon I might just do this for myself. A good idea, you've thought it through and decided its something you want not something you need.

Find a professional surgeon in your area and follow all his/her advice on how to prepare for your face lift. Don't forget to mention any medication you are taking and if you are a smoker, stop two weeks before surgery is scheduled. It will speed your recovery time. Good luck!

Like to have better looking skin?

www.holistic-facial-skin-care.com

will give you detailed information on

all facets of skin care. The author, Wendy Owen has had a lifetime interest in general and alternative health and skin care.

Lift Chairs: Making Use Of Technology In Taking Care Of The Elderly

By Jeanette Pollock

We all grow old. No one can deny that. No matter how much money you have, how good you have been, how much people respect you, the fact remains that we grow old.

No one can bargain for one more second of time or of youth. Sure, certain advancements in technology have allowed people to minimize the ravages of time, but they all realize, sooner or later, that every battle we fight against time will loose.

This does not stop the fighting spirit of humanity, however. We continually face adversity and yet we go on fighting. Some of us have faced their darkest enemies and emerged triumphant. For we are human,

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and we never choose to go quietly.

We make use of our different technologies in order to make our lives a bit easier. If we cannot win the battle against time, at least we can delay its effects.

The lift chair is a perfect example of one such innovation. With the lift chair, an elderly person can rise from seating without the need for assistance from others.

We take pride in our little accomplishments of independence. Whether it is building a skyscraper, or getting up every morning, we feel that our little accomplishments make us the persons that we are.

The lift chair does do many things for the elderly other than let them stand on their own. Lift chairs give elderly people a sense of independence. Imagine how it would feel like to be on the prime of your life one day and be unable to rise from your chair the next.

Lift chairs give the elderly the sense that they control their lives. Each human appreciates the need for control. Think about it: when have you felt your darkest despair? The answer would be when you felt helpless and unable to do anything about a problem, right?

What are the different factors you need to consider in getting a lift chair?

Well, in order to get an effective lift chair, you'll need to take into consideration the physique of the person who will use it.

This includes the weight and the height of the person who will use it. In taking this into consideration, you can make sure that the lift chair will be able to support the person effectively.

You can also be sure that no mishaps will happen because of the lift chair.

You also need to consider the specific features you want built-in to your lift chair. Some lift chairs offer you a massage function and still some offer heat therapy. This is to further care for the one using the lift chair. These features assure comfort and relief for the elderly.

The intended use of the lift chair should also be considered. Some lift chairs recline fully and may be used as beds, while others are merely for sitting and only recline a bit.

There are also a variety of designs to choose from. Take the design into consideration as sometimes visual stimuli can affect the relaxation of the person using it.

The location of the controls, the adaptability of the lift chair to the user should also be taken into consideration.

And, of course, you need to keep within your budget. You need to find a good quality wheelchair within the range of your intended price. After all, you don't want to waste money, right?

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Jeanette Pollock is a freelance author and website owner of

<http://www.justeldercare.com>

. Visit

Jeanette's site to learn more about lift chairs

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