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The relationship between beauty and well-being

Scientists have studied reasons we perceive from birth some faces and bodies as more attractive. Their conclusions are that certain attractive traits such as symmetry are a result of evolution – since these traits were in early humans the ones that were related to longer life and reproduction. For example, illnesses or other possibilities that led to disfigurement and lack of symmetry, etc. were also likely to have been related to poor health and shorter lives with less opportunity to reproduce. In any case, there is evidence from studies of evolution that our health and perceptions of beauty are related. What is also the case is that looking as “beautiful” as possible may lead to changes that result in our being healthy. Our attitude shifts and we see ourselves as worth the effort to not only look good but to be beautiful in mind, body, and spirit. Since working with the professionals at Statesboro Plastic Surgery, I have also changed to a much healthier diet, started working with a trainer at a local gym, learned to release anxiety through guided meditations and more. I highly recommend Dr. Bisseck and his staff and thank them for the wonderfully positive experience and the differences they have made in my life.

