



my healing station

Smile :)

Chillmagazine from My Healing Station Volume 9081



"There are Hundreds of Languages in the world,
Smile speaks them all !"



O" Frown and you frown alone," , "but smile and the whole world smiles with you."

The whole world?

Here's how to develop a genuine, infectious smile that can make everyone's day, including yours:

Smiling with Eyes

Smile with your eyes. When we think of smiling, we think of the mouth, but the eyes may actually be more essential to a warm, genuine smile. Smiling with your eyes is difficult to describe-in general your cheekbones lift slightly and your eyebrows dip a little-but when you see it, you know it: it's that look of your eyes "lighting up" or "twinkling."

Interesting Facts about Smile

Women smile 62 times a day, on average? That's 54 MORE times than most men smile in a day (only 8!). But guys truly love a woman's smile ;)

After eyes, a smile is the first thing noticed in a person.

Scientists say that there are 18 different types of smiles.

Babies have special smiles that they reserve just for their loved ones (moms should feel loved when their baby smiles at them!).

A smile changes the face so much that it can be detected and recognized after 3 seconds from 300 feet away. Almost the length of a football field!

It takes 26 muscles to smile? And 62 muscles to frown?! So SMILE!!! Think of it as FREE therapy!!

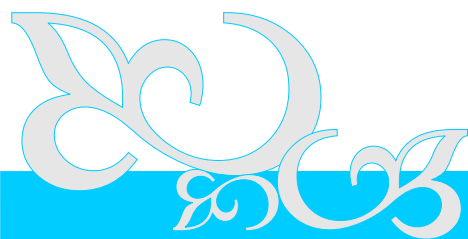
In this day and age of rushing and hurrying and "me first" mentalities, a simple smile can be a major witness for heaven! So smile at those you pass...at the people in the grocery store and the kids behind the counter, the people in the queue line and the customers that come to you.

Smile at your people even when they interrupt your work, smile at your friends and your family at the table. It's such a simple gesture, it takes no effort or time, and it can brighten someone's day and warm their heart. A smile is a reflection of the joy you have in life!

Moral of the story??

SMILE!

- Yoga & Stress Management
- Life Coaching
- Nutrition Therapy
- Ayurvedic Physical Therapy
- Reflexology





Smiling makes us attractive.

We are drawn to people who smile. There is an attraction factor. We want to know a smiling person and figure out what is so good.

Smiling Relieves Stress

Stress can really show up in our faces. Smiling helps to prevent us from looking tired, worn down, and overwhelmed. When you are stressed, take time to put on a smile.

Smiling Boosts Your Immune System

When you smile, immune function improves possibly because you are more relaxed. Live long by smiling.

Smiling Releases Endorphins, Natural Pain Killers and Serotonin

Studies have shown that smiling releases endorphins, natural pain killers, and serotonin. Together these three make us feel good. Smiling is a natural drug.

Smiling Changes Our Mood

Smiling can trick the body into helping you change your mood.

Smiling is Contagious

When someone is smiling they lighten up the room, change the moods of others, and make things happier. A smiling person brings happiness with them. Smile lots and you will draw people to

Smiling Lowers Your Blood Pressure

When you smile, there is a measurable reduction in your blood pressure. Give it a try if you have a blood pressure monitor at home. Sit for a few minutes, take a reading. Then smile for a minute and take another reading while still smiling. Do you notice a difference?

Smiling Lifts the Face and Makes You Look Younger

The muscles we use to smile lift the face, making a person appear younger. Don't go for a face lift, just try smiling your way through the day - you'll look younger and feel better.

Smiling Makes You Seem Successful

Smiling people appear more confident, are more likely to be promoted, and more likely to be approached. Put on a smile at meetings and appointments and people will react to you differently.

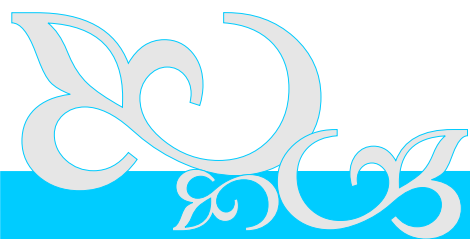
Smiling Helps You Stay Positive

Try this test: Smile. Now try to think of something negative without losing the smile. It's hard. When we smile our body is sending the rest of us a message that "Life is Good!" Stay away from depression, stress and worry by smiling.

Have a smiling weekend,

Have a great weekend :)

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Everyone is Welcome!

If you have any write up, innovative thoughts, unique perspectives on health or life, feel free to send us for publication.

Also please feel free to forward this ezine to anyone you want!

You can also contact for individual quarries and Free support.

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