The toxicity in your Botox

If you've noticed an increase in the number of women on social media undergoing cosmetic procedures over the last few years, you're not alone, and you're not crazy.

While social media can make it appear as though "everyone" is doing something, when really only a small number of people are doing something, this is not necessarily the case for these cosmetic procedures. Around 15.8 million "injectable procedures" were performed last year. Neuromodulators were up 9% from last year (2023). Neuromodulators include botox and dysport. Botox refers to the brand name of the neuromodulator. These chemicals act as disrupters between nerves and muscles, relaxing the muscles and reducing the appearance of wrinkles. Neuromodulators are different from fillers, which are injectables that increase plumpness is certain areas, often the lips and cheeks. Both Hyaluronic and non Hyaluronic fillers saw an 8% increase from 2023.

Now perhaps the craziest thing about this large increase in cosmetic procedures is that the demographic who saw the largest increase in botox were women aged 20-40. Traditionally, women over the age of 40 make up the largest demographic for these cosmetic procedures, and this is still true, however women aged 20-39 saw an 8% increase in these cosmetic procedures. Typically these procedures for young women are called "baby botox" which is preventive botox. It's been said that starting botox at such a young age can cause the muscles to atrophy, and can cause botox resistance. Young women also saw the largest increase in hyaluronic fillers, with a 9% increase, while older women are beginning to turn to non-hyaluronic fillers.

Fillers began rising in popularity, really coming onto the scene in 2016 after the launch of the Kylie Jenner lip kit where The Kardashian family began to promote unrealistic

beauty standards that could really only be achieved through cosmetic procedures.

Lip fillers are just that- a filler injected into your lips to make them look larger, and more plump. Women partake in these procedures every couple of months to maintain plumpness in their lips, under the assumption that the lip fillers dissolve and go away after a certain amount of time.

However, hyaluronic fillers are like a sponge in water that can expand over time making the unit of filler in your face actually expand. It’s been 20 years since the FDA first approved filler injections and we know more now than we did then. The fact that they can expand and stay in your face for years as opposed to the originally thought 6-12 months, is relatively new information for a lot of people.

Medical experts claim there are no health risks or long term issues associated with fillers, in fact most doctors claim that the fillers will just completely dissolve after enough time however the reality is that we don’t know the long term health effects of fillers because they haven’t been around long enough for us to study the long term health effects.

While fillers and botox will likely continue to rise in popularity as long as aging is seen a flaw it seems some people are beginning to wake up to the reality of the health consequences that come along with these procedures.

Recently several videos went viral after the contestants on the recent season of Love Island were revealed to all be in their 20s. These women, who look more like bratz dolls than real people, clearly had so much work done that they not only appear plastic and doll like, they appeared to be well into their 40s, not their mid 20s.

Over the last few months Brett Cooper has released a series of videos talking about fillers and botox. What they’re doing to women’s (and mens) faces, the health consequences and how the

trends are changing. Over the last 10 years this increase has been steady and rapid. The questions is why?

One of the interesting theories as to why this could be points to another recent trend on the up and up: Ozempic and other weight loss drugs. Some researchers suggest that the recent increase in fillers and botox is caused by the rapid uptick in weight loss drug usage, as rapid weight loss can cause the appearance of hollowness and saggy skin or “ozempic face” as they call it.

While other women will point to the “patriarchy” and blame men for setting this unbelievably unattainable beauty standards, I think the reality is more complex than that. Men did not set the beauty standards for women, in fact, men often find the trends and expectations that women set for themselves to be ridiculous, if they even bother to pay attention. If you ask the average man what he thinks is attractive, many of them will say they just want healthy, normal looking women. I think the increase in cosmetic procedures is yet another way for the pharmaceutical industry to push itself on us in an effort to make everyone more reliant on doctors and the system, and less in tune with their own health.

Regardless of the reason, it’s all crazy to witness from an outside perspective because anyone who hasn’t been completely brainwashed can see that these young women who get these cosmetic procedures done do not look good. In fact, they look terrifying, and despite what many doctors say, these fillers do not go away. Unfortunately many women are waking up to the harsh reality too late.

We have celebrities in their 50s who were once prized for their looks in their 20s and 30s and now as they push 50 and 60 they return to the red carpet looking like a disfigured porcelain doll of their former selves. They no longer even look like human beings.

The sinister depths of the beauty industry go down quite far. Injecting chemicals into the skin of youthful 20-something women is one thing, but what about the hidden ingredients in your facials and beauty products that not everyone knows about?

Recently on social media I came across a video of Sandra bullock talking about the ingredients in the micro needling facial given to her by her dermatologist, along with clips from other celebrities.

The skin cells in baby foreskins are said to be an active ingredient in micro needling. Apparently there are other facial serums that use this as an active ingredient.

While it may seem obvious to someone in the holistic health sphere, these toxic (and in some cases, disturbing) ingredients that you're injecting into your face are not just unsafe- their long term effects are unknown. They haven't even been around long enough for us to study the lasting long term effects. Don't be so quick to believe the narrative that the doctors, and companies who produce these products, paint. It wouldn't be the first time the medical establishment has lied to us.

Why are we putting toxic additives in products we put on our skin, why are we so obsessed with mainiting this almost unattainable level of beauty and youthfulness.

I think what's really going on here is that as a society, we tend to view health and vitality as defining characteristics for what we find attractive, because these things symbolize fertility, and we are naturally designed to chase fertility so we can reproduce (like or not, this is biology).

That doesn't mean two things can't be true at once. That doesn't mean women suddenly hit menopause and become unattractive . Health is an attractive quality that will last you decades. If you prioritize your health from the inside out

you will look and feel great for many years to come.

So maybe you're wondering what the solution to maintaining your youth is if it's not injecting yourself with toxins. The answer is simple, although maybe not what everyone would hope for. It's not a particular regime of holistic beauty practices. The age old saying "beauty comes from within" has never been truer.

Prioritize your health. Prioritize a clean Whole Foods diet, drink enough water, don't smoke, avoid chemicals on your skin and the rest will take care of itself.

Aging gracefully naturally is not complicated. It is however, alarming the rate at which women are rejecting natural aging and turning to medical procedures to stop or reverse it. It feels a bit like selling your soul to the devil in exchange for eternal youth. We all age eventually, so why not embrace it.

Sources:

- *What to know about "Ozempic face"*
- *Do You Need Preventative Botox? Experts Break It All Down*
- *The Most Surprising New Botox and Filler Trends*
- *What's the Difference Between Botox, Dysport, and Other Injectable Neuromodulators?*