

10 Interesting Facts About Facial Beauty



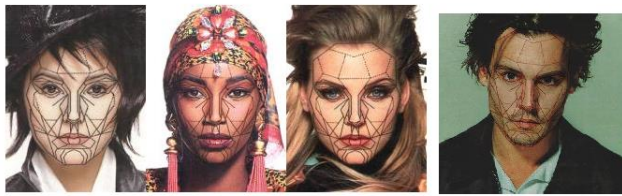
Is there a deeper truth to Facial Beauty?

<http://www.claimingpower.com>

Preface

Facial Beauty: we have all heard the phrase “Beauty is in the eye of the beholder.”

Yet, we can all recognize & agree upon true Facial Beauty when we see one.



Asian

Black

Caucasian



1350 B.C. Egypt

500 B.C. Greece

164 A.D. Rome

1794 A.D.

True Facial Beauty seems to defy race, sex, culture, & even time.

There are mathematical proportions known as the golden mean, which begin to explain this phenomenon.

You may have seen these golden mean masks before.

Although it is a good tool to understand that there is a standard for beauty.

It doesn't serve us any good.

Besides to maybe find out how *imperfect* most of us are.

Is there a *deeper* truth to Facial Beauty? One that can begin to serve us?

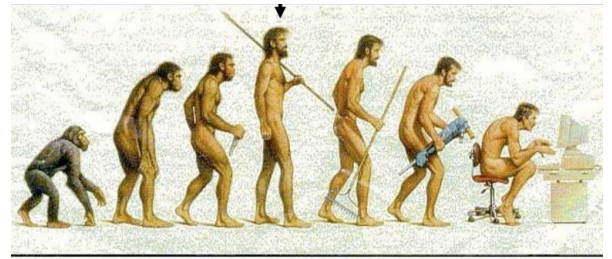
What is the cause of Facial Beauty? If it is nature's design why do we have so much deviation?

Here are your 10 Interesting, thought provoking facts that can begin to answer some of these questions.

10. Ancestors Had Superior Skulls



- Archeological evidence shows that our ancestors had all 32 teeth in perfect alignment.
- Dental arches were wider than today's ideal by 10 mm. (Today's ideal inter-molar width is 42 mm)
- Not only do they have enough space for all wisdom teeth, but 10 mm of space behind them



Somewhere, something went terribly wrong



Ancient Man Skull



Modern Man Skull

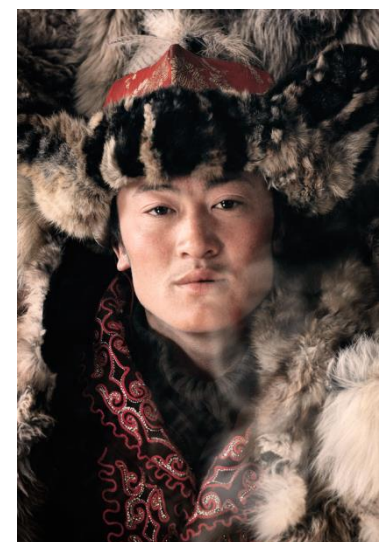
- Their Facial Skeleton was significantly more *forward* developed than ours
- This type of skull is virtually non-existent today.



- Evolution is not the likely cause as Science suggest DNA has not changed much, & we see Skulls degenerating as rapid as 1 generation when tribal people become civilized
- More likely theory is a change in diet from hard foods to soft foods, as it was common for Ancient skulls to wear their teeth down to the root. In modern civilization with soft carbs & processed food, our teeth has no wear. It is estimated we do 5% of the chewing our ancestors did.
- They also used mouth as a tool(ex:leather hide)
- Archeology also shows that dental teeth crowding began around same time humans developed agriculture, likely explanation is that agriculture allowed humans to survive on cooked carbs which is soft
- Eskimos with great occlusion live heavily on tough meat diet
- "you lose what you don't use"



A Navajo. Many early explorers and settlers commented on the superb bone structure of the native Americans.



Photographer documented people still living in tribes, note their superb facial structure

9. Open Mouth Posture Damages Faces



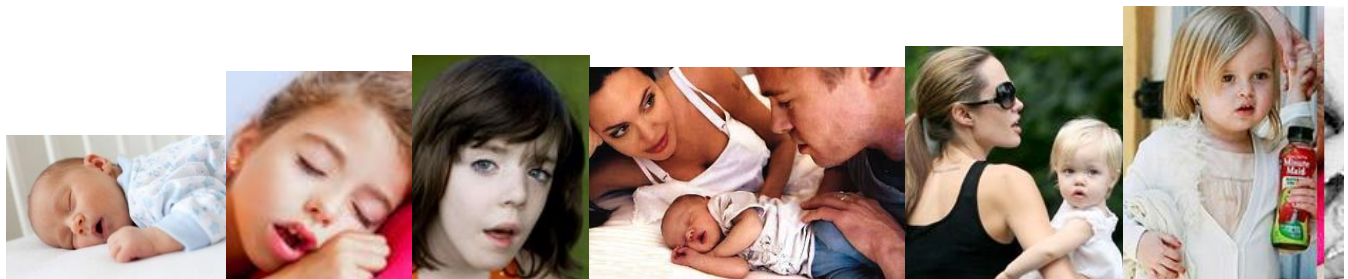
- As children we have attractive faces with balanced, broad features.



- Since we are using our jaws less, our jaw muscles are too weak to hold up the lower jaw, this leads to open mouth posture which has tremendous negative effect on the face. (girls above developed mouth open posture)
- As mouth is left open the face melts down from gravity because it lost its muscle support. Face gets skinnier, nose becomes more prominent, cheekbones become flat, eyes change shape, jaws get narrower (teeth crowds)



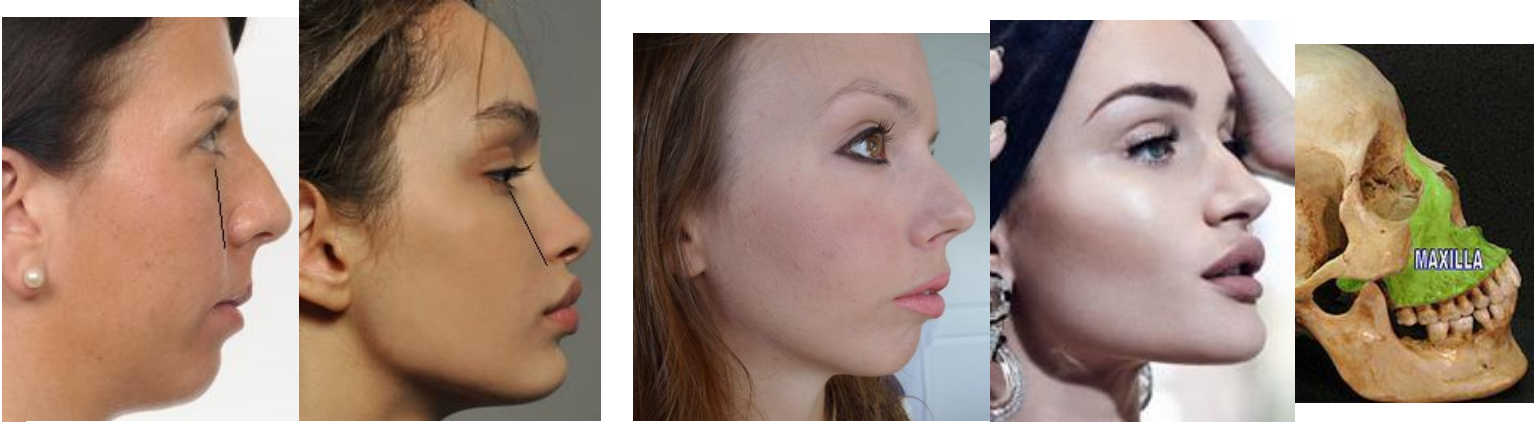
- Handsome boy (left) received gerbil as present which blocked his nose from allergy and turned him into a mouth breather. As posture changed his face deteriorated quickly
- Patients getting jaw surgery often have mouth open posture, which was the cause of their jaw issues to begin with, notice girl on right still has her mouth open post-op, her jaws will relapse if this posture is not fixed.



- Studies show 4 year olds in industrialized populations leave their mouths open for over 80% of the time (this begins to explain why 80% of the population now require orthodontics, our faces are melting down)
- Angelina Jolie & Brad Pitts baby has mouth open posture, she still looks fairly normal because of her young age but again genes do not determine a good face, *posture* does.
- Interesting Fact: All good looking people have a great lip seal. Notice Brad and Angelina's lips are sealed shut effortlessly. Girl on the left with mouth open posture has to use chin muscle to close her lips.



8. Forward Maxilla Creates the Most Aesthetic Faces



Cheek line is a good indicator of Maxilla's position

- Further forward the Maxilla the greater the level of Facial Beauty
- Orthodontists have never seen a Maxilla that is too far forward, it does not exist in today's modern environment
- Further back the Maxilla the worse the face is damaged, as it goes back it also swings down which elongates face
- The Modern condition is that the Maxilla is dropping down for most humans



- There is nothing special about the girl's genetics in the middle, only her maxilla has properly developed forwards. Girl on the far right is digital imaging of what our ancestors could have looked like (very forward growth)



- Traditional Orthodontics always causes vertical growth which makes the face worse.

IDENTICAL TWINS

TWIN #1: Orthodontics with Extractions

Age 8 Age 13

TWIN #2: Orthotropics with NO Extractions

Age 8 Age 13

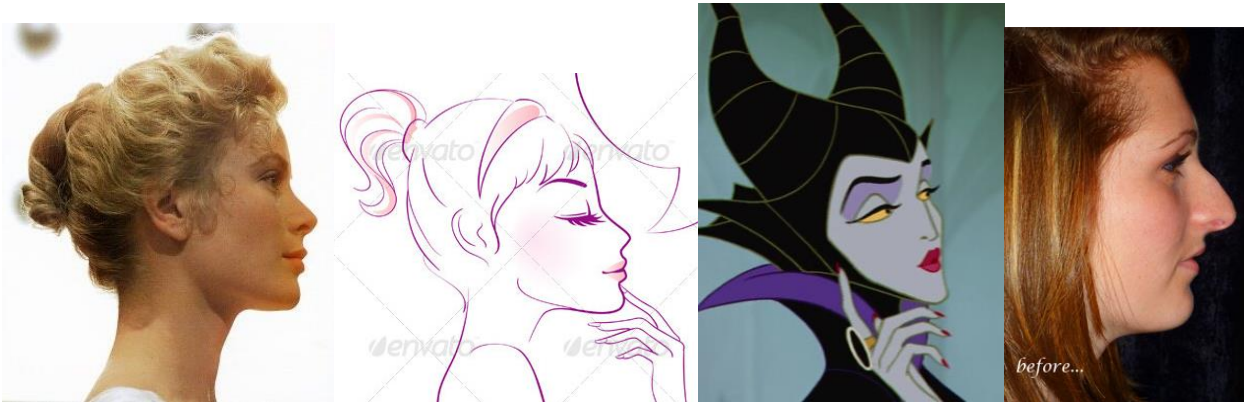
Images Courtesy of Dr. John Mew



- Orthotropics encourages forward growth of the maxilla/jaws, which enhances Facial Beauty

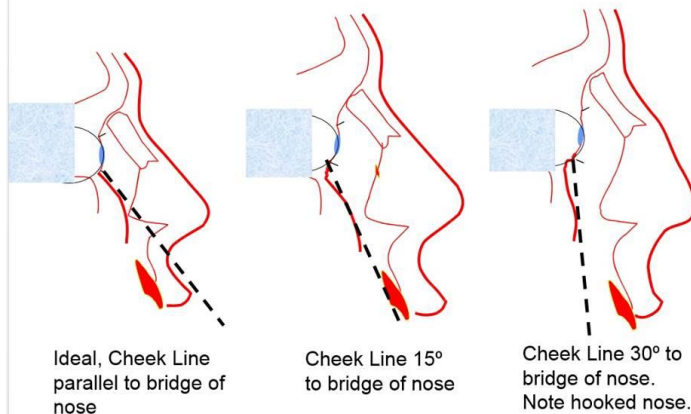
7. Nose

- Size and Shape of the nose is largely dependent on the position of Maxilla



- Artists understand to draw an aesthetic face the maxilla has to be positioned forwards, inversely to create a less attractive face the maxilla is positioned back (vertical face) and the nose becomes hooked

THE CHEEK LINE

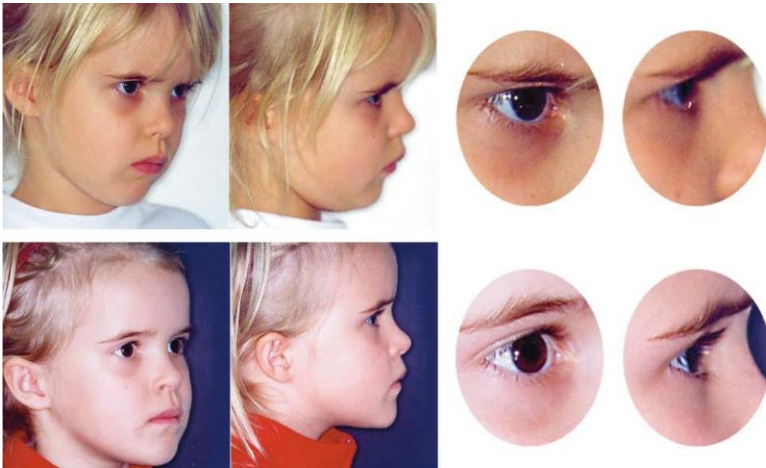


- Big Noses & Hooked Noses (Roman Nose) is caused by the Maxilla Falling Down, pulling down the cartilage.

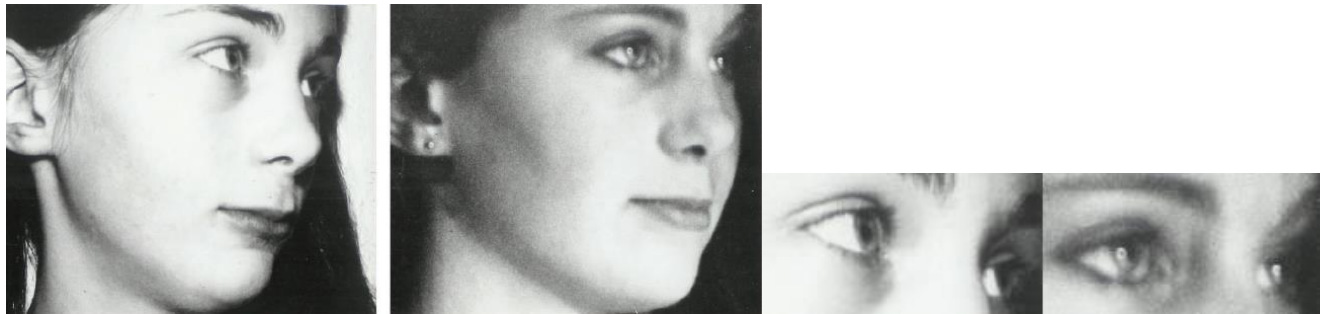


- It is often called the Roman Nose because it began to appear amongst the wealthy back in those times, when they had access to the luxurious soft diet similar to that of modern diet, the maxilla began to drop
- Notice the left statue and how flat her cheek line is, the Maxilla has clearly dropped down & back causing her Roman nose, it was actually a preferred feature as it signified wealth. Cleopatra bust in the middle also has maxilla that's dropped down giving her a prominent nose.

6. Eyes



- Eyes are greatly affected by Maxilla's position; little girl above had oral posture training which allowed her maxilla to come forwards and made a big difference to her eyes. (no appliance was used)
- Bags or Dark Circles around the eyes is usually an indicator of the Maxilla that is too far back



- The more forward the maxilla the more attractive the eyes become, some have noted that the eyes become more feline like. Girl above had her maxilla brought forward

The Eyes are Supported by the Maxilla



Nicholas aged 9.
Note the dropped outer canthi of the eye.

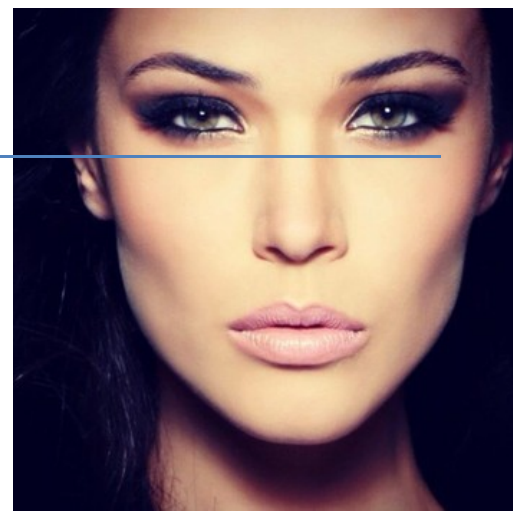


Two years later, after his maxilla had been brought forward by Orthotropics.



- If the top jaw(maxilla) grows down the eyes will look protrusive and the outer corner of the eyelids will sag making them look tired with too much white of the eye showing.
- Sexy eyes = cat like eyes / predator eyes. Cat's possess these predator eyes because their eyes are framed by killer jaws that is used as nature intended, ripping apart the flesh of their preys
- Ever see animals in the wild with open mouth posture?
- Woman (right) with impressive jaw development (wide top & bottom jaw), see how the eyes become cat like

5. Cheekbones



- High cheekbones are widely recognized sign of Beauty
- What it means is that the person has the Maxilla in the forward position
- As the Maxilla is connected to the zygomatic bone (in green), the further forward & up the Maxilla is, the more the cheekbones come out.
- When the Maxilla falls down, the palate gets narrower and the cheekbones seemingly disappear as the zygomatic bone drops down and gets narrow



Mouth always closed, or almost closed- good cheekbones, excellent face shape

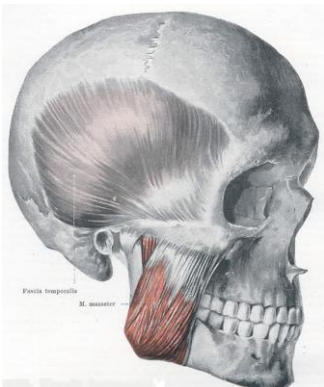


Mouth slightly open- lower cheekbones



Mouth resting wide apart- very low cheekbones, nose appears to be large and forehead is sloping back in comparison to facial complex.

- The more the mouth is left open the lower the cheekbones. You can grade facial development by observing people's mouth posture.

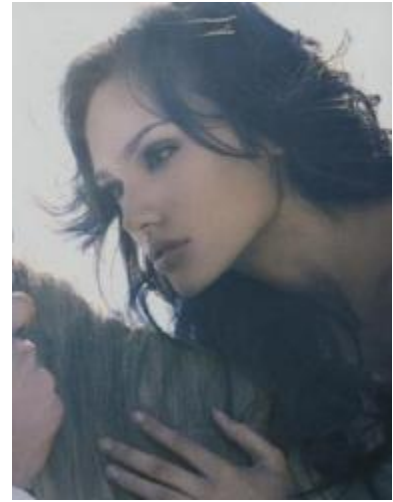
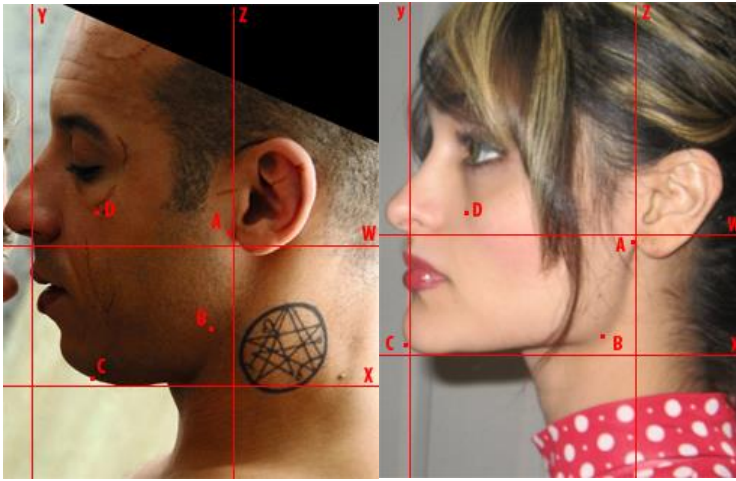


- The jaw muscles also attach to the zygomatic bone, therefore there is the direct muscle effect on this bone, the stronger the jaw muscles the more developed the zygomatic has to become to resist the stress of heavy chewing.
- It has been noted that tribes on tough diet (fruits, tough seeds, fibrous material) that required constant heavy chewing caused the zygomatic arches to flare outwards thus accentuating the cheek bones.

- Animals that require very strong biting power have larger zygomatic bones that allow more jaw muscles to adhere to it. Almost as if the bone grows to be able to resist the forces but also out of necessity for more power.

4. Lower Jaw (Mandible)

- Studies were done that showed people with stronger jaw muscles had more horizontal lower jaw with more square jaw angles.



- Level of testosterone is not a determining factor in deciding horizontal, square jaws



- People that develop bruxism (extreme, habitual jaw clenching) can cause their lower jaw to become more square and wide
- Lower jaw follows the maxilla, if the maxilla is up and forward in the face, the lower jaw will also come forward causing that nice jawline (another sign of beauty) all these "signs" are really the effect of the maxilla



- If maxilla falls down so does the lower jaw and it remodels to a more vertical jaw
- Advertisement for glasses will use models with square, horizontal jaws because ornaments such as glasses look much better on those faces



3. Wide Dental Arches

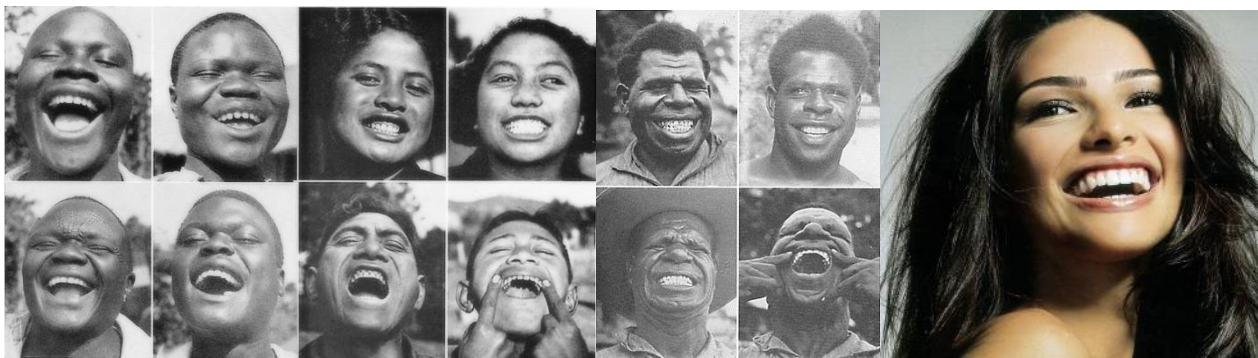


- Wide dental arches like Julia Robert’s is another key sign of beauty, it is formed by the correct posture and function of the tongue and lips. It also signifies a structure that is most healthy. Beauty = Health.
- Bone remodels to long term forces, so the oral muscles have a profound impact on the dental skeleton
- If tongue is on the roof of mouth and lips are sealed, then the only place the teeth can erupt is in between them which means teeth will be straight as it erupts all around the tongue.
- It is only when we disrupt this natural posture, like leaving the mouth open or tongue between teeth posture, the teeth does not have the guidance to grow in correctly
- Therefore malocclusion (dental crowding) is not caused by genetics, but by oral posture.



- Attractive smiles are created by wide dental arches and proper position of the upper jaw
- Straightening teeth doesn’t necessary mean the smile will be attractive
- **“what creates a beautiful face is not straight teeth, however a beautiful face can house all 32 adult teeth, in perfect alignment.”**
- Some orthodontists believe we inherit small jaws from mom and large teeth from dad causing dental crowding, if this were true we should see cases where we inherit jaws that are too big and teeth too small with gaps around the teeth, however this never happens.
- You can breed a Chihuahua with St. Benard (100 times bigger) and the offspring will have perfectly normal jaws and teeth alignment

- All dental crowding or jaw issues (over bite, under bite, etc) is caused by vertical growth of the face



- People with wide dental arches are generally healthier and happier individuals and they often smile and laugh more spontaneously. Studies show that just the act of smiling increases the person’s self confidence

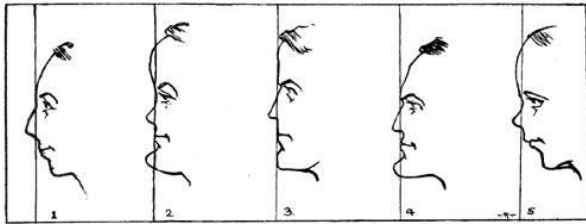
2. Airway, Athletic Ability, Voice, Personality, Destiny



- Forward Maxilla increases airway, enhancing general health & athletic performance. Superior athletes often have great facial development. Sleep apnea or snoring is resolved when maxilla is brought forwards. The more the upper jaw drops down the more the sinus becomes compressed, leading to more blocked noses.



- Size and Position of the maxilla has a big influence on voice & singing, great structure creates better resonance



Five of the most common profile types.

- Personality is greatly affected by jaw position. The science of Phrenology (reading the character from the face)



- Leaders require a strong chin (forward lower jaw), when children's jaws are brought forward they become more confident, extrovert characters, becoming team captains or class leaders. (boy above had his jaws brought forward by orthotropic & became captain of his rowing team), receding chin causes low self-esteem and introvert character
- Chinese believed that the face determined fortune.
- "attractive babies receive more affection and attention from their parents and other adults, and are more likely to grow up to be well-balanced adults themselves" "Good looking people are likely to be perceived as more intelligent" "get better jobs, rise to higher positions, and earn more money" "dating life greatly affected"
- We often find Facial Beauty affects us greatly in life, but these concepts are highly emotive & uncomfortable, thus ignored

1. It is possible to change facial beauty

- If we come to the understanding that Facial Beauty is not determined by genetics but it is a function of having healthy structure & of course nature intends all of us to be healthy, then the next step is figuring out how we can move the structure towards greater health and beauty
- Orthotropics is capable of changing growth patterns in kids(age 8-12) from vertical to horizontal which leads to the great facial changes as you have seen
- In adults however the growth has already stopped, and for most of us we have grown unfavorably, it now requires that we enter a different process in which we remodel the bone
- We know bone is susceptible to long term weak forces but resilient to short term strong forces
- Ex: No matter how hard we chew, our teeth will stay in their position, however if we put very light forces on teeth for long periods teeth will move long ways (ie: braces).

Unilateral muscle weakness



- It is also seen when adults develop muscular dystrophy their skull bone remodels to a great degree, also certain posture or binding practices is seen to cause substantial change in bone.
- To find the solution is to first understand the cause of poor development, which is poor posture & muscle tone, therefore if we are to begin correcting anything the first step should be to correct those areas



- Oral Facial Myology (retraining oral muscle posture & function) can affect the adult face



- Some appliances have been used to change the adult face
- The challenge is children have softer bones & growth to work with, so the changes happen faster & easier, for an adult the change will take much longer & requires persistence and effort

Conclusion

Thank you for reading my report. I hope it was insightful in showing that perhaps Facial Beauty is not determined by genetics passed on by parents but simply the proper development according to Nature's design. If beauty is Nature's art and DNA is Nature's blueprint then anyone's DNA should have the potential to express Nature's beauty.

Facial Beauty means optimal function and health. Therefore Facial Beauty is the birthright of every human.

Belief in "superior" and "inferior" genetics is designed to keep us disempowered. It is often fueled by ego and backed by little science.

The main problem we face is we now live in an unnatural environment and our skeletal development is suffering greatly.

We have seen how dramatically a good looking face can degenerate into a poor face.

Inversely, we have seen in children a poor face dramatically shift into a good looking face.

Every parent needs to know this. It will save a child from so much unnecessary struggle & hardship. Watch their mouth posture, & be wary of too much soft food. If braces are needed please do not go the traditional route. Go for growth guidance <http://orthotropics.com/> (younger the better for this type of treatment)

I had vertical growth as a child consequently I had crowded teeth and issues around my looks. No child should ever have to go through that. We hide these concerns in fear of being called vain or shallow. Our culture tells us it is bad to care for Facial Beauty, but we seemingly cannot escape its effects. For adults, I understand the pain in discovering something like this, but my intention is to empower you. If that much can go wrong then there has to be a way to make it go right. Facial Beauty is a matter of structural change. This is the holy grail of my research, to find out how to change adult faces, if I can solve this for myself then I can truly begin to help others & this gives me great motivation. If I can help at least 1 person then I know all the tough times were not in vain.

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