



Come to your senses



ain as it may sound, when you look good, you feel good—but cultivating that beauty is an often-forgotten way of improving your mood. If you're like most people, there's a good chance you reach for potato chips over perfume when you need an attitude adjustment.

"Eating things that taste good releases the feel-good chemical serotonin in our brains," says Georgianna Donadio, Ph.D., program director for the National Institute for Whole Health in Wellesley Hills, Mass. "If we could realize that's the end result we're after, we could find healthier ways of getting there through our other senses."

So, instead of rummaging through your pantry, see what's hiding in your vanity. Indulging your senses of touch, smell and sight with the right beauty products can transform the way you look and feel—and keep you from finishing that bag of chips. »

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Natural Health

feel good » look good » do good

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