

Women's Wattles: It's turkey season!

By Connie Canby and Bryce Hall

Hey, it's turkey season, so it is the perfect time to introduce women's wattles as an art form. It has a sculptural quality constantly moving like the wind and somehow agrees with the face that earned it.

The unspeakable age-telling place just below the chin is called the wattle, waddle, or turkey neck. It is a wise woman's earned badge of courage, like a general leading the troops through the battlefield of life...a fold of skin so controversial that very, very few ladies over the years would even let it be photographed.

Nothing shows our age more than the wattle. So, let's feature it and focus on this special place and maybe by doing so it will no longer be thought of as taboo but something to be admired. Honor it, ladies, it's our badge of glory for a life well spent!

Women worldwide have used colorful scarves, discreet neck-kerchiefs and turtleneck sweaters to disguise this special place. While disguising this condition in the winter, summer clothing does little to allow this charade to continue. Are there options for curing a woman's wattle? Certainly cosmetic surgery can help to alleviate this issue, but it requires extensive surgery and a long recovery time.

A wattle is usually the result of loosened muscles due to aging and weight



WATTLES: You know, that unfortunate area under the chin that appears at sometime along the way as we age.

loss. Botox injections can do away with the look associated with a wattle. Injections in addition to surgery can also bring a desired effect of a youthful countenance. Not ready to take those steps? Simple neck and throat exercises can help you tighten the skin but need to be done every day.

Time tested exercises include:

- Sit straight and upright, tilt your head back and look at the ceiling, while keeping your lips tightly closed then relaxed. Start puckering your lips together as in a kiss at the ceiling. Keep your lips puckered for 10 counts, then

relax, bring your head back to normal.. repeat this 5 to 10 times.

- Sit straight and upright, tilt your head back while looking at the ceiling while keeping your lips closed tight, then relaxed; next move your lower lip over the top lip as far as possible and keep it there for a count of 5... relax and repeat 5 times.

In 1997 the quirky show about a young attorney, "Ally McBeal" brought national attention to the infamous wattle (waddle) of Dyan Cannon, who played the role of Judge Jennifer "Whipper" Cone. The admiration of fictitious attorney, Richard Fish, may be an alternative to surgery, botox injections and disguises. Love your wattle (waddle).

Infamous waddle of actress Dyan Cannon http://www.dlisted.com/node/28752/images/dyan_cannon_1_wenn22122294.jpg Check out Richard's conversation with Ally to learn more <http://www.tv.com/ally-mcbeal/compromising-positions/episode/979/summary.html>

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