



Look-A-Likes, How Does That Happen?

Has anyone ever said to you, you look a lot like your dog, in a complimentary way of course? How did you react the first time you heard it? Do you see a resemblance? Does your dog mirror your personality, or is it just your good looks? Could there be any truth, or a discernible pattern to the - people begin to look like their dogs, theory? Is it just coincidence, or wild ideas from people with vivid imaginations?

Psychologist, Sadahiko Nakajima, a researcher at Kwansei Gakuin University, conducted research into dog-owner resemblance, which has enjoyed a resurgence of late. Nakajima says there's evidence to support not just the notion that humans and their pets look alike, but answers the question, "Why, and how is that possible?"

The results of Nakajima's studies are fascinating. In an early experiment, Nakajima found that people could match owner and pet together simply by looking at a random pairing of headshots of people next to faces of dogs. This occurrence was at a rate significantly higher than chance, showing up to 80% accuracy. Along with other scientific studies, and his experimental evidence, the results show this popular belief is empirically valid.

Nakajima wasn't satisfied with that type of evidence, he wanted to experiment further to find out why. Was it a single feature that cinched the recognizable pet to owner pairings? With the same photo pairings, except that the owners mouth was blocked out, the accuracy rate dropped to 73%. However, when the eyes of the owners, or the dogs, were concealed in the photos, the accuracy rating dropped to 50%. In the world of scientific experiments that's a significant percentage.

The eyes are not only the windows to the soul, they clearly show that individuals make decisions on dog to owner resemblance based on the eye region.

In the question as to why an owner to pet resemblance exists, Nakajima explained the "mere exposure effect", or a preference for the familiar.

Check out a local dog park, you'll have fun seeing the phenomenon of the canine mini-me. You may chuckle at a pugnacious person with a pugnacious pug. Or, spot a curly haired female with a poodle that rhymes her owner's coloring. Narcissism may be a bit strong of a word to describe the resemblance phenomenon between man and his best friend, but it's a scientific fact. Maybe it's like Nakajima says, we like to see our soul winking at us as we pamper, and look into the eyes of our four legged buddy.

When pondering how this loving relationship can actually change a person's physical appearance, we dug into the field of genetics. Centered Wellness affiliate, Mary Maynard, RN, BSN, has studied and worked in the field of epigenetics for over twenty years. Her comments are based in the evidence that DNA is not as fixed as we have been led to believe.

"Alterations in genetic code are caused by external, or environmental factors that switch genes on and off and even affect how cells read our genetic code."

"A loving relationship with any being over a period of time will strengthen the similarities between them by "turning on" certain genomic codes." Maynard created a course of study called, DNA REFORMATION, focused on using these loving strategies to eliminate disease and improve health. Since 2009, many people have learned the skills needed to create new DNA that turns off disease and creates new health. What was once an old wives "tail" (pardon the pun), is now science!

Meet Mary Maynard at the next Centered Wellness (CW) Fair August 6th -
Companions for Life: Healing for your Pets and You! She is discounting her upcoming,
DNA REFORMATION teleconference course, on Wednesdays from 7 - 8:30pm EST, held
10/5, 10/12, 10/19, 10/26, & 11/9, to half cost for any attendee to her lecture "DNA Are You Turned
On-Or Turned Off?" presented at the CW Wellness Fair.

Companions for Life: Healing for your Pets and You!
Saturday August 6th, from 11am - 2pm
Unity Spiritual Center, 23855 Detroit Road, Westlake, OH 44145
Cost \$5.00, a portion goes to Hooves and Paws Animal Rescue
For more info go to www.centeredwellness.org.

Mary Maynard RN, BSN, is registered, certified, and trained in professional holistic family health skills. Her private practice includes medical intuitive sessions, health care guidance, and healing. Teaching, writing, and speaking on genetics, energy healing, and health topics are a passion. She has a monthly column, "Ask The Intuitive" in the "Universal Living Ezine," and articles featured in "The Journey" magazine. More info - www.maryamaynard.com, or inrightform@yahoo.com, or [216-228-0537](tel:216-228-0537).

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