

Why Hydrolyzed Collagen?

Collagen is the connective tissue for almost all our structures, including heart, lungs, arteries, discs, blood cells, skin, muscles, bones, cartilage, liver, hair, joints, nails, prostate and other organs. **As we age, collagen production drops way off, and any of these systems can be affected.**

Why does collagen production decrease? Hormonal changes, drugs, alcohol, processed food, white sugar, hydrogenated oils, overwork, radiation, fluoridated water, excess sun, nutritional deficits, dehydration, stress and trauma all affect collagen production.

Normal digestion breaks down protein into peptides and amino acids, which are then absorbed into the bloodstream. For the collagen protein found in foods and most supplements to be utilized by the body, it must first be broken down many times by the digestive system, and then absorbed through the intestine into the blood in the precise form needed. It's then reassembled into your collagen at the proper site. **Protein digestion of dietary collagen is often incomplete**, resulting in some very large peptide chains. These long molecules are not well utilized in the body's efforts to keep up with the declining production.

With high end collagen supplements, the protein breakdown is pre-engineered and much more thorough, resulting in a more uniform result: usable small chain peptides and amino acids, ready to go.

Taken long-term, it is practically impossible not to benefit from such a supplement, even if there is some serious underlying pathology. Once the body is provided with usable building blocks for new collagen, often for the first time in years, so **many systems can show improvement:**

- lean muscle gain
- muscle tone
- skin toning and thickening
- joint rebuilding
- arterial strengthening
- thickening hair and nails
- increased energy from musculoskeletal surcharge
- organ rebuilding: heart, prostate, lungs, liver, kidneys, blood vessels, etc.

Chronic problems that can improve include:

- osteoporosis
- high blood pressure
- arthritis in joints
- bladder weakness
- obesity
- chronic fatigue
- shallow breathing
- autoimmune situations
- skin problems
- splitting nails

COLLAGEN FOR ATHLETES: Another area that is increasing worldwide demand for hydrolyzed collagen is certainly the field of sports nutrition. A natural available molecule that can quickly **boost lean muscle gain, decrease recovery time, rebuild damaged joint structures without surgery, improve cardiovascular performance** — on and on — athletes all over the world are dumping their steroids and cortisone in favor of Hydrolyzed Collagen.

BONE HEALTH: In Europe, where hydrolyzed collagen is certainly very important for cosmetics, the #1 application is in the area of bone health. Elderly folks, especially women, are acutely aware of the epidemic levels of osteoporosis in their demographic. The unfortunate truth is that **most of the standard osteoporosis information, furnished by the pharmaceutical industry to promote drugs and calcium supplements, is incorrect.** Many of the drugs, like Fosamax, are not only dangerous, but they actually harm the bones in the long run, making them weaker and more brittle. But Europeans have known for years that **hydrolyzed collagen, as a natural product, can deliver the promise improvement to bone health** with none of the documented side effects of drugs.

SKIN REBUILDING: As we age, collagen production drops off and skin sags because it gets thinner, weaker, drier, and less resilient, or pliable. This deterioration is directly linked to amino acid content. Specific amino acids in the skin's structure, like glycine, proline, hydroproline, and alanine — decrease with age and bad diet. Since Hydrolyzed Collagen contains most essential amino acids, it is not surprising that third party clinical studies have clearly demonstrated **significant skin improvement by taking it daily.**

WEIGHT LOSS: Obesity happens with a high ratio of energy-dense and indigestible foods compared with body's energy used. What we don't need is stored as fat. It has been known for 25 years that **Hydrolyzed Collagen has a very satiating effect: appetite suppressing,** thereby promoting weight loss, as shown in many clinical studies.

DOSAGE: In powder form, Hydrolyzed Collagen can be mixed with fruit juice. Any time of day — with meals, without meals — doesn't matter. Best way is to blend it in fruit juice or smoothie. But remember: no other protein powders during the 60 Days. Because of the expense of the careful processing described, there is no comparison in results with other commercial collagen. **Taking it twice a day, 2 or 3 tablespoons in fruit juice, most patients notice a significant difference in a week or less.** After a month, many have experienced dramatic changes. But to really give it a fair try, all studies showed that the patient should commit to 2 jars during a 60 day period. As with any completely natural product, the result is cumulative, which means don't miss a day once you start. For best results **keep your Hydrolyzed Collagen refrigerated,** though it will be fine if kept in a cool dark place. Remember, this is a 100% natural product with no preservatives and it can be harmed by very high temperatures.

For more information visit www.thedoctorwithin.com and read the chapter on Hydrolyzed Collagen.