

Collagen

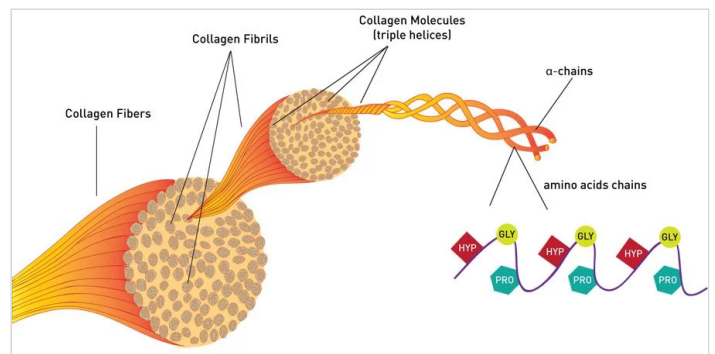
WILL WALKER NOV 28, 2017 02:56PM

Why is collagen so important?

Collagen helps give our skin strength and elasticity, and it replaces our dead skin cells. Collagen is basically the glue that keeps our body together.

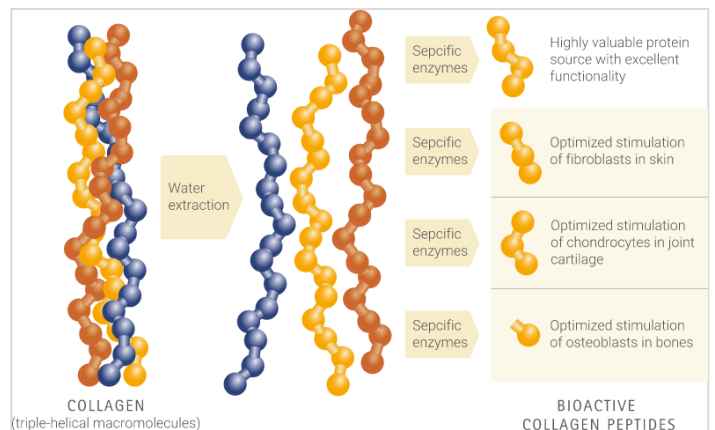


<https://www.sciencedaily.com/releases/2016/07/160712173400.htm>



FOOD TO PRODUCE COLLAGEN

Dry fruits and seeds **Legumes and whole grains** **Vegetables and fruit with vitamin C**





what is collagen?:

collagen is found in the bones, muscles, skin, and tendons. Collagan is a substance that helps hold your body together. Collagen is a hard, insoluble, and fibrous protein that makes up one-third of the protein in the human body. Collagen forms a fibroblasts in the dermis so new cells can grow.

• 7 WAYS THAT • COLLAGEN CAN BOOST YOUR HEALTH!

- 1 IMPROVES SKIN & HAIR
- 2 REPAIRS JOINTS
- 3 HELPS LEAKY GUT
- 4 BOOSTS METABOLISM
- 5 STRENGTHENS TEETH & NAILS
- 6 HELPS DETOX
- 7 REDUCES CELLULITE/STRETCH MARKS

Dr. Axe
FOOD IS MEDICINE

Where is collagen found?

In nature, collagen is found in the flesh of animals. Helps increase skin elasticity and keeps the skin healthy. In humans, it's in our bones, joints and our skin.

most abundant protein in the human body! so popular