COLLAGEN FOR HEALTH:

Using It for Weight Loss and Rejuvenation

Calotren®

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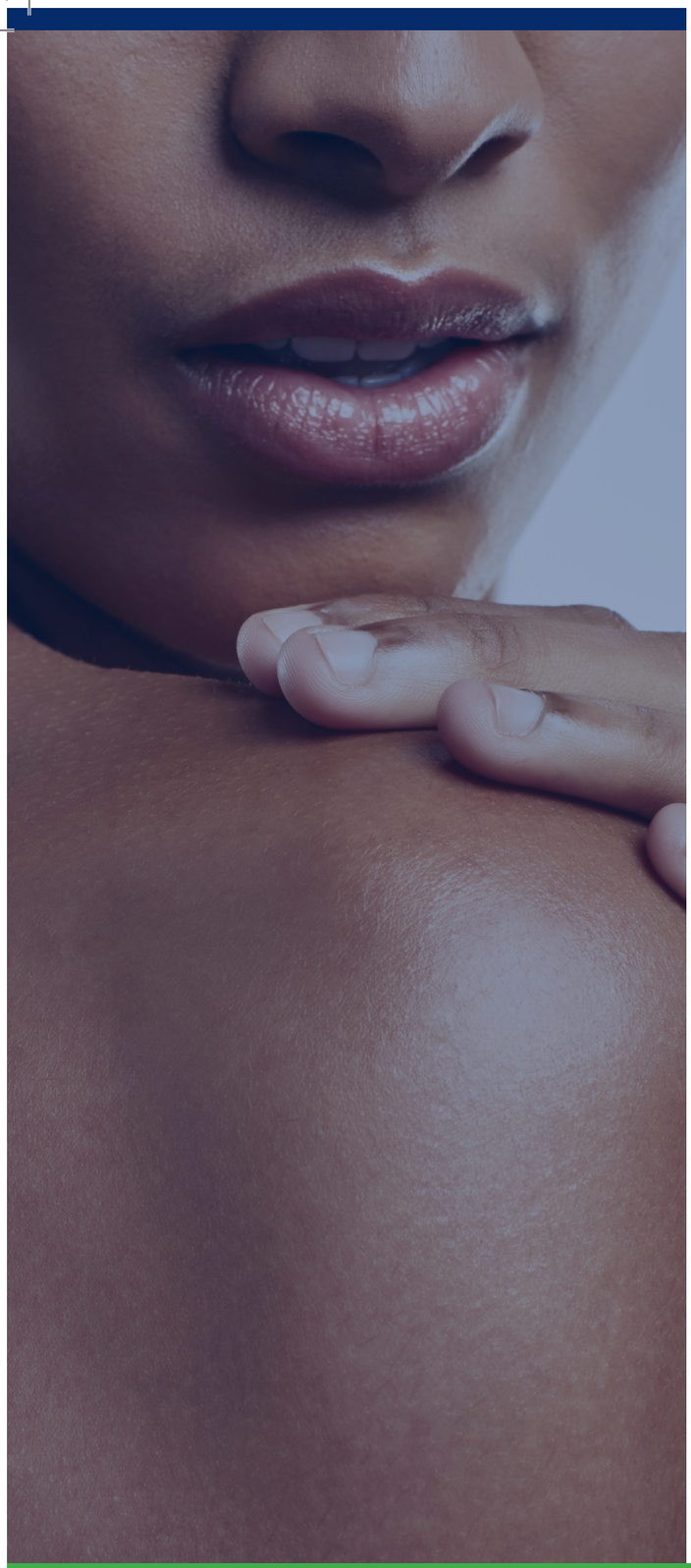


INTRODUCTION

Our bodies need an array of different vitamins and nutrients to keep us functioning at an optimal level. When we play sports, enjoy social events, do chores, or participate in any other activities, it's crucial that our bodies have what they need.

While our systems naturally produce many of the essentials, the levels of certain vital elements slowly deplete due to things like aging, injury, sickness, and more. Let's examine how we might be able to get more of one of the most critical ingredients—collagen—in other ways and precisely why it's so important.

WHAT IS COLLAGEN?

Collagen is the most abundant protein in the human body and is as diverse as it is multifunctional. Collagen is found throughout the body in a variety of forms and functions. It makes up 30 percent of your body tissue and 70 percent of your skin tissue. Specifically, collagen is the protein in connective tissue that is in bone marrow, tendons, cartilage, ligaments, and linings of your body organs. It is often referred to as the glue of the body.

Hydrolyzed collagen means the protein has been broken down into individual amino acids, which are easier for the body to absorb. Collagen serves to help repair tissue and also functions in various roles throughout the body.

COLLAGEN AND THE BODY

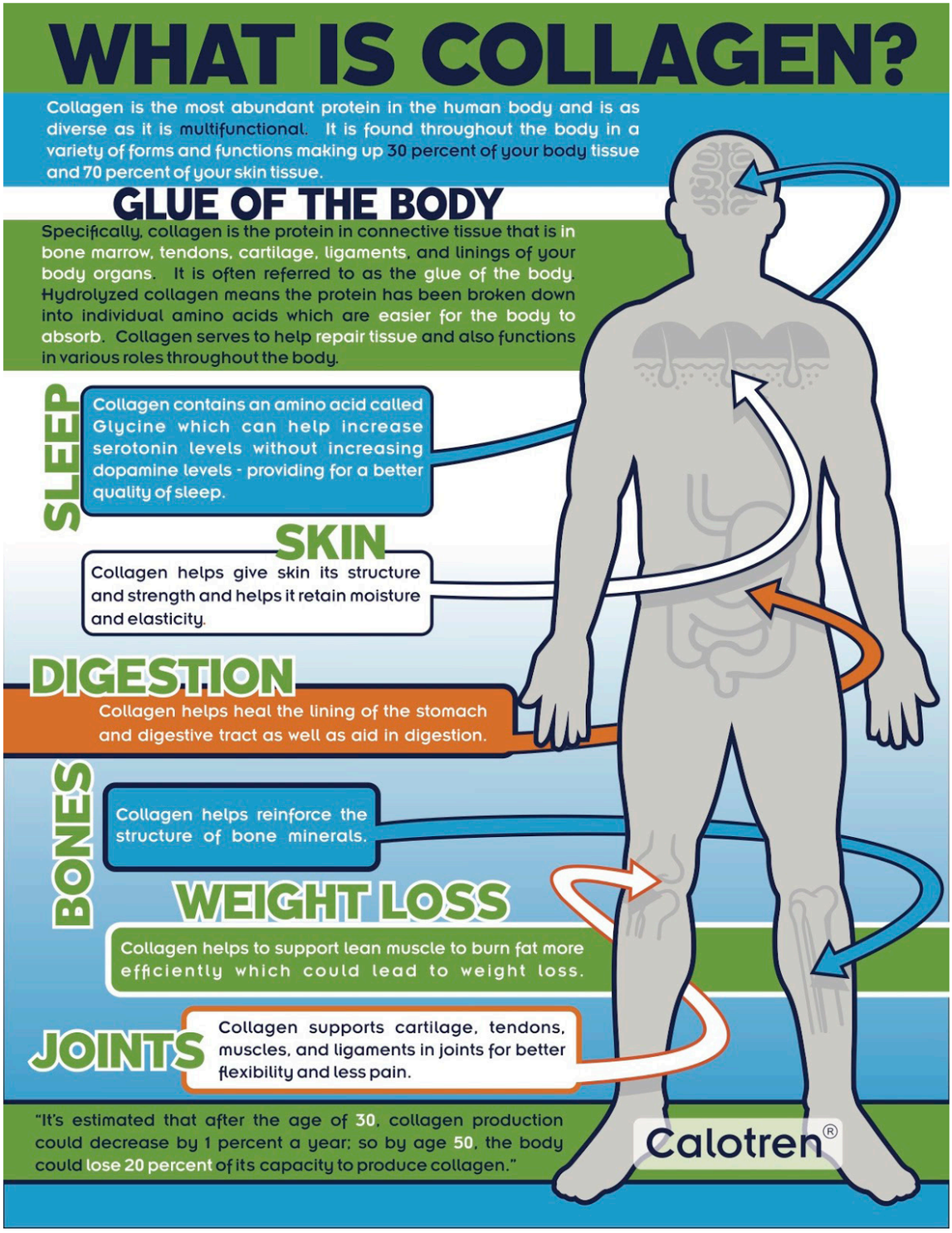
Due to poor diet and the wear and tear that occurs with activity and aging, many people become depleted of the essential amino acids needed to manufacture collagen. The depletion can be a significant problem in individuals involved in strenuous physical activity such as athletes and military personnel—or even an ordinary person on a regular day trying to complete all their responsibilities.

Use of collagen as a dietary protein supplement provides a different profile of amino acids, which can be very beneficial in providing construction material that gives support for age-induced wear and tear of the connective tissues, such as bones, joints, cartilage, tendons, ligaments, skin, and even hair and nails.

Although natural collagen is insoluble and much more difficult to digest than other proteins, it is commercially available as a partially hydrolyzed form called “collagen hydrolysate” that contains peptide fragments. Providing an amino acid source in the form of small peptides has many advantages, including easy digestion, rapid absorption, and metabolic regulatory effects.

For decades, scientists have been finding that the right collagen formulas can have an abundance of health benefits—it has even been known to alleviate osteoarthritis pain and help people who have rheumatoid arthritis. Let’s learn about all the different areas of our body that use collagen to function properly. As seen in the illustration below, your body uses collagen from head to toe.

Locations of Collagen:

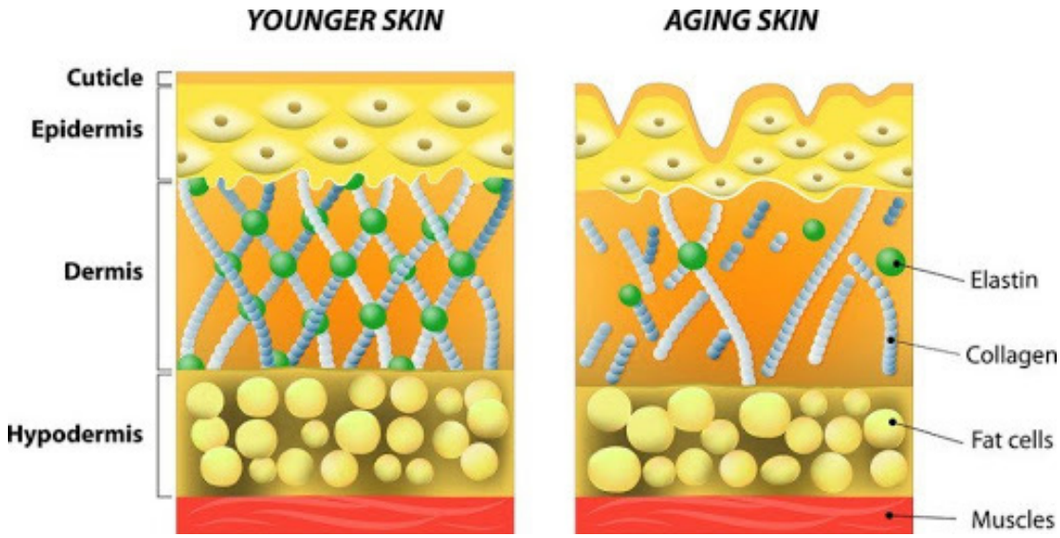


WHAT DOES COLLAGEN DO?

Collagen has numerous structural properties but also plays a vital role in the repair of almost all the body's tissues. Some diseases are directly linked to lacking this essential protein. Depending on which part of the body it's located, collagen serves different purposes.

Collagen in Skin

Found in the inner layer, this connective tissue gives the skin its structure and strength and also functions in the replacement of dead skin cells. A lack of collagen in the skin can contribute to a decrease in skin health, leading to stretch marks, dark spots, and infections as well as affecting the skin's ability to maintain moisture.

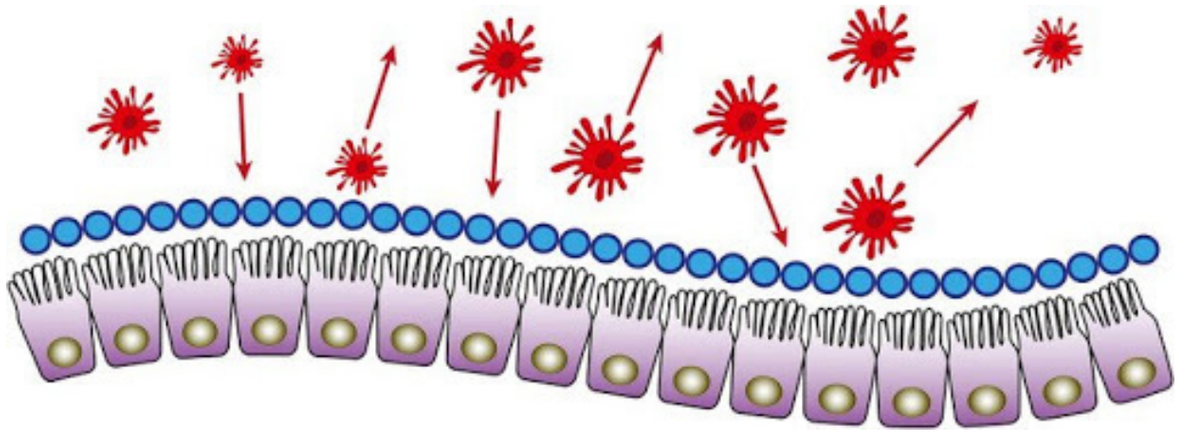


Collagen in Internal Organs and Blood Vessels

In the lining of your organs like in the stomach, kidneys, blood vessels, and spleen, collagen functions as a protective covering and a fibrous barrier. Specifically, within these areas, collagen plays vital roles:

It helps heal the lining of your stomach and digestive tract and promote healing.

The stomach has layers of tissues, including several layers of connective tissue made of collagen, fibers, and fibroblast cells that produce more collagen and fibers. **(2)** When the layers are damaged, ingested particles can pass through into the bloodstream causing "leaky gut." When collagen is digested, it is attracted to these fibroblast cells and may help stimulate them to produce more collagen. (**3)** Since collagen is the building block of this connective tissue, supplementing with collagen may help heal and even encourage fibroblasts to rebuild the damaged parts of the connective tissue in your stomach and digestive tract lining.



Collagen's Role in Digestion

The amino acids in the collagen increase the production of hydrochloric acid (HCl) in the stomach. (4) HCl has several positive implications.

- It can help prevent further damage. HCl breaks down proteins. Without sufficient hydrochloric acid, undigested proteins can cause allergic reactions, which lead to the inflammatory immune system response that comes with leaky gut and further damage the lining of the stomach **(5)**.

- It kills off pathogens. HCl kills many organisms that can come from tainted, rotten, or undercooked food **(5)**.

- It helps your body to absorb minerals. HCl helps ionize minerals, which makes it easier for your body to absorb them **(5)**.

Also, collagen itself naturally binds to water, so it helps move your food through the digestive system and can help prevent heartburn.

Collagen in Bones:

Collagen helps reinforce the structure of bone minerals. A lack of collagen causes bones to become more porous, thus weakening them. **(6)**

In joints (cartilage, tendons, and ligaments):

Collagen in Cartilage

This connective tissue found in the nose, ears, knees, larynx, joints, and trachea consists of collagen for flexibility, movement, and support. 67% of cartilage is made up of collagen **(7)**.

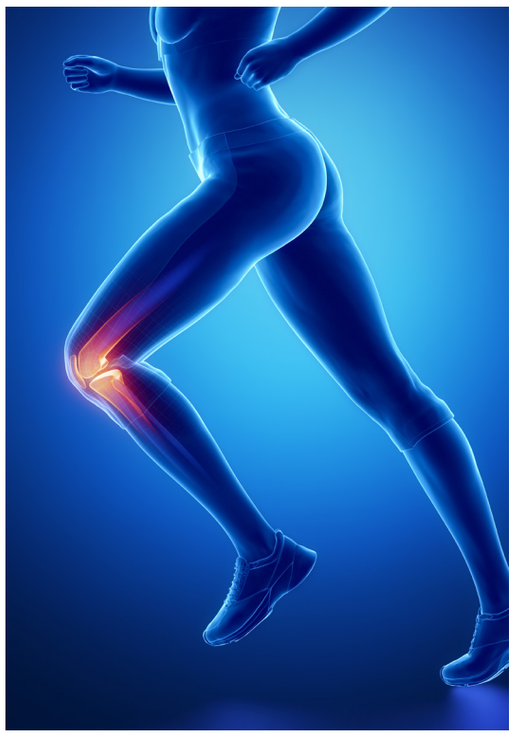
Collagen in Tendons

Collagen makes up more than 95% of the weight of tendons **(8)**. In the tendons, collagen provides flexibility and strength in supporting the movement around bone joints.

Collagen in Ligaments

Ligaments connect bones at joints and provide stability, preventing hyperflexion or hyperextension. Ligaments are made up of over 80% collagen, so a deficiency in collagen in this area can lead to serious injury **(9)**.

Problems with collagen in the cartilage, tendons, and ligaments can also cause slower healing and even lead to injuries, as well as allow more friction between bones, which can cause further damage. **(10)**



Collagen in Muscles

Muscles are comprised of cells interweaved by a connective tissue rich in collagen. Because of collagen's vital role in muscle support and repair, a lack of collagen in this area can lead to a number of issues, including muscle pains, a decrease in the muscle's ability to work affecting metabolism, and even disease. (2) Fibromyalgia patients, in particular, have shown deficiencies in collagen in muscles. Furthermore, evidence suggests that taking collagen hydrolysate may help decrease pain associated with the disease **(11).**

And there are many more benefits where those came from! Let's see what it has to do with sleep in the next section.

THE CONNECTION BETWEEN COLLAGEN AND SLEEP

Glycine (one of the amino acids in collagen hydrolysate) can help increase serotonin levels without increasing dopamine levels, providing a better quality of sleep. Thus, taking it at bedtime is becoming more and more popular among many people using it to improve various areas of their lives.

Collagen is the primary protein of the dermis of the skin. Collagen, along with hyaluronic acid, gives the skin strength and texture as well as an inherent ability to retain moisture. Pollutants and sun exposure will cause the collagen and elastin fibers in the skin to age faster and become dryer, weaker and stiffer. The result of skin aging is dry, wrinkled skin that has lost its inherent elasticity.

A bedtime serving of hydrolyzed collagen provides the necessary nutrients needed by the skin, cartilage, and other tissues for repair and regeneration at the very time when the body goes into its repair phase during sleep. The special processing involved in the preparation of hydrolyzed collagen makes the protein bio-available so that it is on hand at the time it is needed to assist the body in the production of healthy tissues.

Our bodies need about eight hours of sleep per night, and aside from rest being important in repairing the body, it can keep our immune system healthy and our mind sharp, too. We also need it to level our hormones that control our appetite because if hormones—specifically leptin and ghrelin—aren't able to get the time they need to balance out during sleep, the whole system can get thrown off.

If you have issues in your gut, this may contribute to sleep disturbances such as insomnia or poor sleep quality, and therefore lead to chronic fatigue. The majority of the body's serotonin, a hormone that affects mood and sleep, is produced in the gut. So gut damage can impair your ability to sleep well. Some sleep disturbances have also been linked to risk for fibromyalgia.

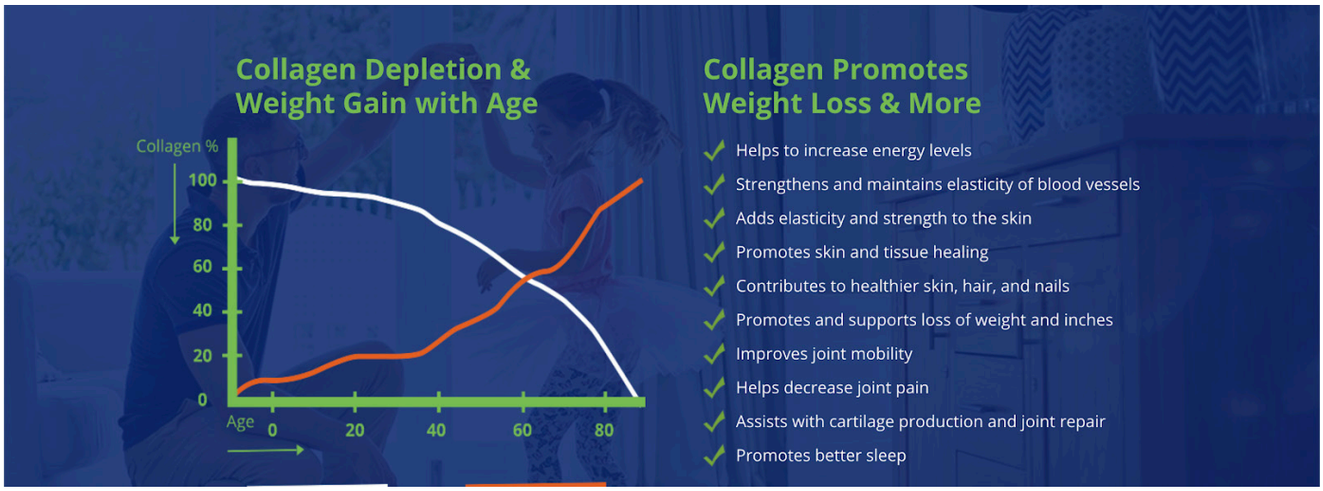
Inadequate sleep can even lead to an out-of-control appetite during your waking hours and, ultimately, weight gain. Now that you know muscles are developed, fat burning takes place, and gut health, mood, and more can be improved during periods of rest, you can see why it would be valuable to incorporate more collagen into your diet to get you to sleep.

WHAT CAUSES A DEFICIENCY IN COLLAGEN?

There are a few main things that contribute to a collagen deficiency. Some of these might not be due to anything you're doing, but unfortunately, they just happen. Others come from lifestyle choices. Let's dive in.

Normal Aging

It is estimated that after the age of 30, collagen production could decrease by 1% a year, so by age 50, the body could lose 20% of its capacity to produce collagen.



Injury

In specific areas of the body—such as muscles and joints, the body utilizes its resources to heal when it sustains an injury. If the body is already lacking in collagen, it can further exacerbate the deficiency.

Lifestyle Aging

Sun damage, smoking, drugs, alcohol, processed foods, sickness, and more can have a drastic negative effect on the body's ability to produce collagen.

WHERE YOU CAN FIND HELP IN IMPROVING YOUR HEALTH

If you find yourself struggling with any of these areas—from sleep and appetite control to gut health or even bothersome signs of aging—you may be surprised how much better you can feel after trying a natural supplement with collagen.

There are several on the market, but if you'd like to learn about one in particular that has an 86% success rate and has been spoken of very highly by users around the world, check it out on our site. It's called Calotren, and you'll love what you read about it—especially what our delighted customers have to say.
You can take back control of how you feel in your body, today!

Next Steps

One of the main reasons people end up with an imbalanced microbiome is because they don't understand that there is a problem, what causes it, or how to correct it. You now understand all of those aspects and are better prepared to restore balance to your gut.

Moreover, you're ready to take steps toward restoring your health, inside and out. Follow the advice outlined in this guide and you will be looking and feeling better in no time!

www.tophealthsource.com

Calotren®

Calotren is a drug-free and stimulant-free supplement that has proven to be one of the most longstanding weight loss and wellness products on the market today. We work exclusively with the best nurses on our clinically researched products.

Call now to speak with one of our health coaches and start your personal health journey today.

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