



FRANKLY SPEAKING



Total Life Chiropractic - ... educating, adjusting and inspiring

The Regenerative Effects of Collagen



Collagen — which provides structural support and strength to your tissues accounts for about 30% of the total protein in your body. Twenty-eight percent of **collagen**, in turn, is made up of the amino acid **glycine**. Glycine, proline and hydroxyproline are the raw materials for connective tissue, but the benefits of glycine go far beyond connective tissue health. In fact, mounting research suggests glycine may play an important role in the aging process.

Individuals start to lose collagen as young as 18 years of age, and by age 40, the body can lose approximately 1% per year.

While your body does make glycine, endogenous production decreases with age, and you're likely not getting enough from your diet. Glycine is a precursor to glutathione, a powerful endogenous antioxidant that declines with age, and the lack of glutathione in older adults may lead to age-related degeneration. Adding glycine to the fibroblast cells taken from 97-year old people restored the cells' respiratory function, which suggests that glycine treatment can reverse the age-associated respiration defects in human fibroblasts.

Glycine also acts as a neurotransmitter and may play an important role in depression, neuroinflammation, cognitive decline and neurodegeneration.

While the lack of collagen can be devastating to your health, supplementing with adequate amounts has been shown to offer the following benefits:

- Strengthens and improves skin elasticity while hydrating, thereby decreasing dry skin and the formation of wrinkles.
- Maintains the integrity of your cartilage, the rubber-like tissue that protects your joints and may help improve symptoms of osteoarthritis and reduce overall joint pain. .
- Provides structure to your circulatory system helping to keep your arteries and veins flexible and elastic.
- Collagen may help inhibit the bone breakdown that leads to osteoporosis.
- Collagen help boost muscle mass in people with sarcopenia; age-related loss of muscle mass .

Ortho moleculars 3 Key Proprietary Ingredients

Fortigel® - manifest in changes in hyaline cartilage markers over a 48 week period.

Tendaxion® - studies confirmed the therapeutic potential for tendinopathy, both at reactive and degenerative so you

Mobilee® - Hyaluronic acid is responsible for the elastic, hydrating and lubricating qualities of tendons, cartilage, skin and synovial fluid. Studies have shown that oral supplementation with Hyaluronic acid improved joint mechanics and muscle function as determined through isokinetic testing.