

COLLAGEN HANDBOOK

This e-book will help educate you on all aspects of collagen, so you can make an informed decision.

BY DEBBIE MARTIN

What is COLLAGEN

Collagen is a protein made naturally by your body to maintain its elasticity. Think of it as the substance that holds the body together. It's the most abundant protein in the body as it is found in your skin, hair, nails, bones, cartilage, muscles, intestinal lining, connective tissue, blood vessels, and organs! Your body has produced collagen your whole life, but the production of collagen slows down as you age.

You can also see why it's often sold as a supplement for people who love to work out. If it's strengthening bones, muscles, tendons, and ligaments, then there may be fewer sports injuries.

Collagen can also be found in our corneas, blood vessels, and teeth. So, it really makes the rounds throughout the entire body, making it a popular supplement.



How do I know if I need COLLAGEN

Have you noticed that over time your body and skin don't look or feel quite the same as you once remembered? Collagen production starts to decline in your 20's and by age 50, you've lost half the collagen production in your body. You may notice these symptoms:

JOINT PAIN

STIFF OR LESS FLEXIBLE TENDONS

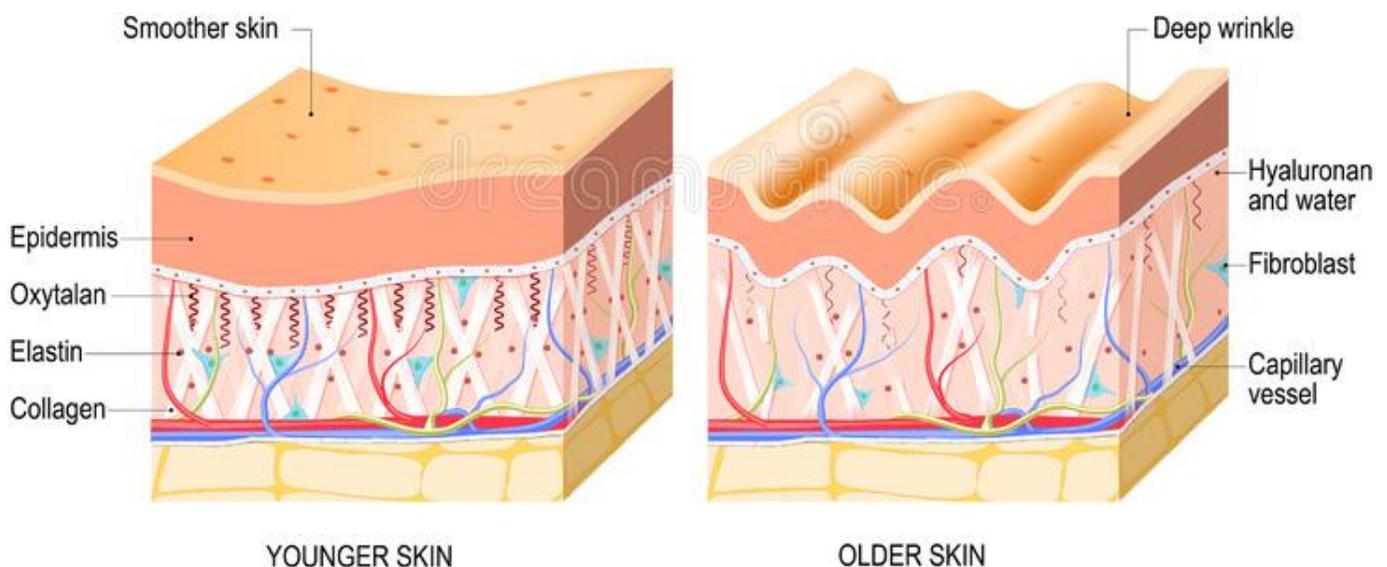
WEAK OR ACHING MUSCLES

WRINKLES & FINE LINES

SAGGY SKIN & DECREASED SKIN INTEGRITY

GASTROINTESTINAL ISSUES

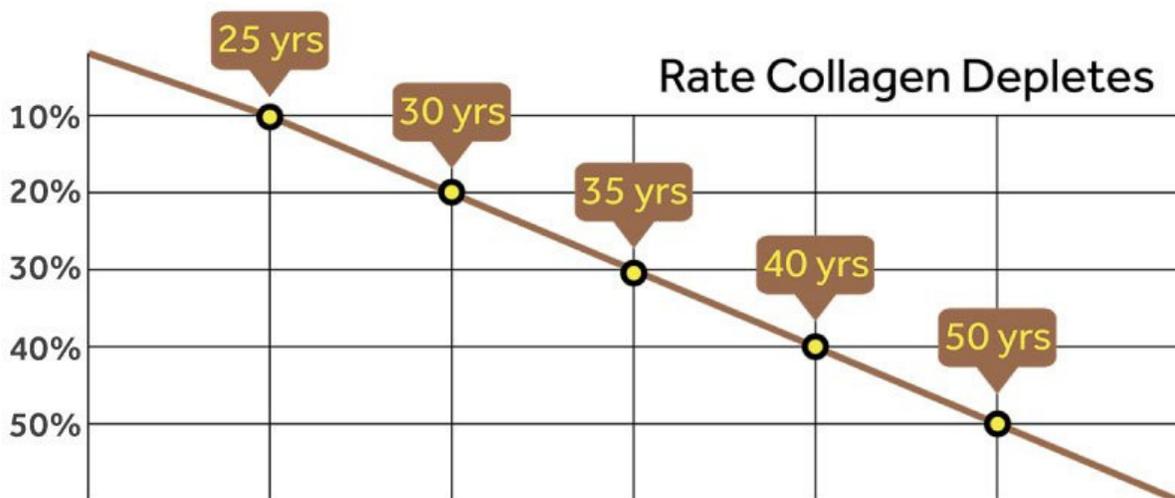
Aging skin



Age and COLLAGEN

We start to lose collagen beginning as early as our mid-20's. By the time you're 50, you've lost half the collagen in your body.

Collagen & Age



BENEFITS OF COLLAGEN

SKIN HEALTH

Collagen is a building block for healthy hair, skin, nails and teeth. It is shown to improve elasticity and reduce wrinkles.

JOINT PROTECTION

Collagen increases proteoglycan content around joint cartilage. Shown to improve joint stiffness and pain.

GUT HEALTH

Glycine helps to decrease inflammation and build new tissue in your digestive tract.

SLEEP AND MOOD AIDE

The Glycine in Collagen has been proven to improve sleep quality, increase calmness and reduce anxiety.

BRAIN HEALTH

Shown to improve focus, brain fog, visual and verbal memory recall.

BOOSTS METABOLISM AND WEIGHTLOSS

Collagen increases your metabolism and helps you feel fuller longer which can aid in weightloss.

CARDIOVASCULAR HEALTH

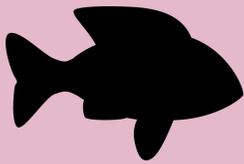
Collagen supports cardiac muscle cells and aids in blood pumping.



COLLAGEN

3 MAIN TYPES

There are several Types of Collagen but 3 main types.



MARINE - TYPE I

- **Best for skin, hair, nails, and fascia**
- Best from wild caught fish
- Most absorbable of all sources
- Closest to human skin cells



CHICKEN - TYPE II

- **Best for joints**
- Easy to make collagen rich bone broth at home
- Supports spinal disks



BOVINE - TYPE III

- **Best for gut, blood vessels, muscles**
- Best from grass fed cows
- Widely available
- Easy to find

THINGS THAT DAMAGE COLLAGEN

SUGAR & REFINED CARBS

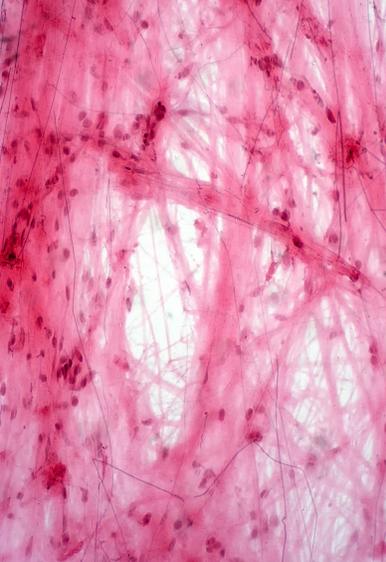
Sugar interferes with collagen's ability to repair itself. Minimize your consumption of added sugar and refined carbs.

SMOKING

Smoking reduces collagen production. This can impair wound healing and lead to wrinkles.

TOO MUCH SUN

Ultraviolet radiation can reduce collagen production. Avoid excessive sun exposure.



FASCIA AND COLLAGEN



WHAT IS FASCIA?

Fascia (also known as connective tissue) is a thin layer of tissue that lies under the skin and wraps every muscle and organ in the body. It wraps around the entire body and every individual muscle and organ and also connects the muscles to the bones. It supports and surrounds not only the musculoskeletal system, but all internal organs as well, including the heart, lungs, brain, and spinal cord.

Fascia is key to the structural integrity of our bodies. Fascia is also where the nerves and lymph nodes lie – so it is now being referred to as a sensory organ, as this is where pain originates and is communicated to the brain.

Fascia is a communication system that is connected to every cell in the body. Information travels through the fascia network faster than through the nervous system.

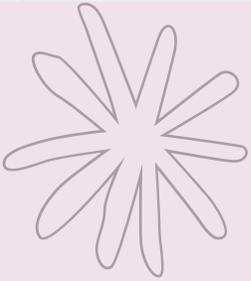
Next to water, collagen is the most common component of connective tissue.

Hydrated fascia can skate and slide, but when it's dry, the connective tissue can glue together, becoming stuck, brittle, and hard.

A weakened fascia could be one of the key reasons why you could be having chronic pain or a decreased metabolism. **Proper nutrients are the basis for building and protecting your fascia. This includes a balanced diet of healthy fats, minerals/vitamins, amino acids, high fiber, and collagen.**

When your fascia is healthy, you'll have better posture, better blood flow (glowier, healthy-looking skin. It's flexible and malleable — making it easy for you to bend and move without pain.

WHY MARINE COLLAGEN



BEST FOR SKIN, HAIR, NAILS, AND FASCIA

Type I Marine Collagen is the absolute best if you want a more youthful appearance of skin, hair, and nails. Marine collagen is the closest to human skin.

MOST ABUNDANT IN BODY

Type I collagen forms 90% of the mass of bone and tendon and is the major collagen of skin, ligaments, cornea, and many interstitial connective tissues.

MOST BIOAVAILABLE

It digests more quickly and more easily at 1.5 times faster than other types of collagen. When wild-caught, it is the cleanest type of collagen.

PESCATARIAN FRIENDLY

Safe to consume for those who cannot have meat products for any reason. This makes it an overall great option for anyone, with the exception of vegans and those with fish allergies.

PUREST & CLEANEST FORM

Marine Collagen from fish is generally the cleanest and purest form of collagen. Be sure it is from wild caught fish.

SUSTAINABILITY

Wild caught fish is better for the health and sustainability of the planet.





My Favorite COLLAGEN

Isagenix Collagen Elixir

It made such a difference for me and you
may like it too.

Collagen Elixir FAQ

**Video: The Science Behind Collagen
Elixir with Joshua Plant, Ph.D.**



Isagenix

COLLAGEN ELIXIR



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TIPS FOR COLLAGEN ELIXIR

TAKE PROGRESS PHOTOS

Take photo with no makeup on skin. Use good natural lighting. Don't use flash on camera. Solid background if possible. Take face, neck, hands, and hair. Take progress photos at 30, 60, 90, and 120 days in the same place, same lighting, etc.

TAKE 2 A DAY FROM 1 TO 4 MONTHS

Boost lost collagen levels by taking 2 a day from 1 to 4 months. Maintenance after that is 1 a day. Some people choose to continue with 2 a day depending on age and budget.

COLD TASTES BETTER

Cold tastes better to most people. But that's up to you. Some people also like to mix it in a mineral water or other drink. The flavor is delicious!

4 Isagenix Products with Collagen



Do you have
QUESTIONS?



CONTACT ME!

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