

What is Collagen?

Collagen is the body's natural protein. It is the most abundant form of natural protein found in the body. It is the essential structural component of all connective tissue. Collagen accounts for between one quarter and one third of the body's protein. Collagen makes up 75% of the body's skin tissue and about 90% of dermal volume. Skin is the body's largest organ.

Collagen is regularly described as the building block of the skin. It therefore has a key role to play in creating and maintaining healthy skin all over the body. It has been scientifically shown that collagen diminishes at a rate of approximately 1.5% per annum from the age of 25 years onwards.

It is, therefore, not surprising that the skin's collagen is being replenished through subcutaneous injections. Procedures of this nature seem to be very much on the increase and undoubtedly bring short-term benefits.

The drawbacks are that these injections only target a small area, they are quite expensive and need to be repeated on a regular basis.

Collagen ingested orally not only works well all over the body, it is also very cost effective and may bring a host of benefits to, not only the skin but also to other very important parts of the body.

Collagen is the most abundant structural protein found in cartilage, muscle, tendons, ligaments and bones. Collagen functions as a chondroprotective agent, which means that it protects cartilage and synovial fluid against deterioration and is the raw material for cartilage synthesis and repair. Collagen can also reduce oxidative damage to joints and therefore stimulate significant reductions in joint pain, tenderness and swelling.

Collagen naturally contains 15% glucosamine sulphate and 15% chondroitin sulphate. Collagen is non-toxic and has no known side effects, unlike regularly prescribed immuno-suppressant pharmaceuticals and non-steroid antiinflammatories (NSAIDs) e.g. Ibuprofen. Collagen can therefore improve the quality of life for many suffering from aches and pains, disorders such as arthritis and lupus.

Collagen has also been shown to be an anti-coagulant, it can prevent blood clotting so can assist in the maintenance of a healthy heart. Diabetics should give it serious consideration.

(Persons being prescribed anti-coagulants should check with their Doctor before taking collagen.)

Orally ingested collagen encourages the rapid absorption of the essential amino acids; glycine, proline and hydroxyproline that can preserve and replenish lean muscle mass and improve the management of the body's fat. It therefore has a positive role to play in weight management and body building. Because it also stimulates the body's own collagen production it can positively address the problem of cellulite.

Collagen is for healthy hair, nails and skin. It is a powerful long-term anti-ageing protein. It plumps up the skin, reduces lines and wrinkles, improves the skins elasticity and suppleness, produces a firmer more even toned skin and may help to achieve a glowing radiant complexion.

Important that people taking collagen internally drink plenty of water-1 to 2 litres per day.

As collagen is the building block of the skin it can also be reasoned that it can, as part of a healing regime, work to beneficially affect obstinate skin problems such as intractable leg ulcers, burns and wound healing.

The information presented is not intended to diagnose illness or prescribe treatment. Always consult a medically qualified practitioner with knowledge of natural supplements before starting a course of supplements and before making any change to prescribed medication.

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