

Everything you need to know each month from Optimal Health

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## Collagen: From Capsules, Powders to Creams, Here's What You Need to Know



Collagen seems to be everywhere right now; drinks, powders, capsules, shampoo. I even saw dog chews with collagen the other day. With it being ever so popular, I thought this might be a great time to explain what collagen is, how it works and why it could be beneficial for you to consider.

Collagen is a protein found in the body. The main purpose of collagen is to create connective tissue; tendons, ligaments, skin, muscle and bones all utilize collagen. Collagen is the main component of these tissues and the most abundant protein in the body. Collagen can either be provided through food sources, supplementation or synthesis within the body.

Food sources of collagen typically involve the connective tissue of other animals. Chicken, pork or beef skin and bones (broth). Fish may also provide a decent source of collagen when consumed. Unfortunately, the evidence supporting collagen absorption from food is unclear. The body breaks down food when ingested through digestion and the digestive tract may break down collagen into a form that is poorly absorbed by the tissues in the body.

Synthesis of collagen by the body helps to rebuild collagen in connective tissue. Some food sources may help promote the efficiency in which the body can synthesize the collagen needed by tissues. Foods high in vitamin C are believed to increase collagen synthesis. Therefore the more readily available vitamin C is, the easier it is for the body to create collagen. Some examples of foods that are high in vitamin C include, citrus fruits, strawberries, tomatoes, peppers and broccoli.

Collagen supplements may have a greater impact on connective tissue. When collagen supplements are created they are typically already broken down (hydrolyzed). This broken down form of collagen is easier for the body to absorb and deposit in areas where collagen is needed. Typically collagen supplements come in either a powder form which can be mixed into a beverage or in a capsule form.

[3 Main Health Benefits of Increased Collagen:](#)

1. **Collagen may help relieve joint pain.** Studies suggest that over the period of 6 months people who supplemented daily with collagen saw a dramatic decrease in joint pain. Primary areas of reduction were knee pain, shoulder pain and back pain. Research suggests that the supplemented collagen may accumulate in cartilage and may also help stimulate additional collagen synthesis.

2. **Collagen may help improve hair skin and nail health.** Collagen is the major component of these tissues and increased availability may lead to improvement of strength, elasticity and hydration of these tissues. Studies suggest benefits may be seen in as little as 2 months of supplementation.

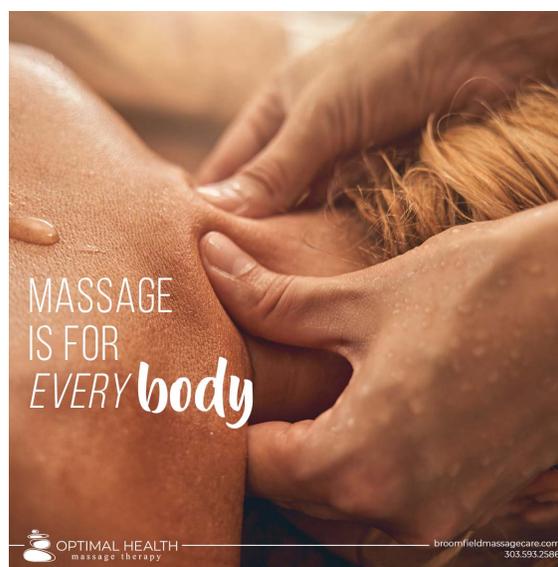
3. **Collagen may prevent bone loss during aging.** Bone deterioration leads to osteoporosis as people age causing bones to be less dense and more brittle. When collagen and calcium are supplemented together they help to decrease the protein in blood that causes the promotion of bone breakdown.

If you ever have any questions regarding collagen and your health, let me know! Also, if you don't have a preferred brand, we have a brand that we use and recommend and usually keep in stock at the office - just ask next time you're in!

- Dr Chris



Office Hours Announcements



Massage Updates

### **A Couple of Different Hours Updates to Talk About!**

#### ***BASEBALL HOURS:***

Dr. Chris will be helping coach our son Mason's baseball team and so our Monday & Thursday afternoon hours will be shifting.

**Monday afternoons will be 2:30pm - 4:30pm**

**Thursday afternoons will be 3pm - 5:30pm.**

If you are a patient that is looking for later evenings, Tuesday evening will be the time for you to get in! Other hours are subject to change, but will be reflected online when you schedule or give us a call if you have any questions!

#### **Our Updated Hours:**

Mondays: 7:30am - 12pm & 2:30pm - 4:30pm

Tuesdays: 3:30pm - 6:30pm

Wednesdays: 7:30am - 12pm

Thursdays: 7:30am - 12pm & 3pm - 5:30pm

*SPRING BREAK:*

Our family will be doing a little more of a non-traditional spring break this year and will just be taking off some time throughout, but not taking a the whole week off like we've traditionally done in the past. So keep an eye on the schedule, but **we will be closed:**

Tuesday, March 22nd

Wednesday, March 23rd

And Monday, March 28th

This leaves plenty of times available to keep you on your adjustment schedule and keep you feeling your best!

Book Online: [optimal-health-chiropractic.booksy.com](https://optimal-health-chiropractic.booksy.com) or call at 303-466-3988

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**Message Updates**

One thing our Optimal Health office has always been known for is honesty and being completely upfront with our patients. You may have noticed that there isn't much availability on the massage schedule lately, and while that is a reflection of the the amazing massage services we offer, it's also because we are short staffed right now. But the great news is that we are in the process of bringing on another therapist who is amazing that we have known for a long time and are on the lookout for another (if you know of anyone who would be a great fit with us - please send them our way, we LOVE personal references!).

In the meantime, if you are thinking a massage sounds like a great idea (because it is!) we recommend [scheduling now](#) so you'll have that appointment when you need it.

We will keep you all updated as we continue to build our staff up and our availability increases! Thank you for understanding.



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