

All Things Collagen

Do you know how many different types of collagen there are and where they come from? They do NOT come from a jar of powder, and they are NOT just for beauty.

Overview

Collagen is a protein responsible for healthy joints and skin elasticity or stretchiness. It's in your bones, muscles, and blood, making up three-quarters of your skin and one-third of the protein in your body.

Collagen provides your body with strength, structure, and support. As you age, it's harder to keep up your natural collagen levels. This is particularly true after you've gone through menopause. It's because over time, your body increasingly struggles to absorb enough of the nutrients it needs to make collagen.

Eating collagen-rich foods can help your body overcome some of this absorption problem which helps keep your body stronger and healthier as you get older. Collagen has a wide variety of applications, from food to medical. By heating collagen it changes the structure and converts normally to gelatin.

The main five types of collagen & sources:

- Type I. This type makes up 90% of your body's collagen. Type I is densely packed and used to provide structure to your skin, bones, tendons and ligaments.
 - Found in bovine and marine life, skin on fish, porcine (closest to human, feet/skin high in gelatin), ovine (sheep/lamb), egg shell membrane
- Type II. This type is found in elastic cartilage, which provides joint support.
 - Chicken is main source, found in gristle and end of bones especially,
- Type III. This type is found in muscles, arteries and organs.
 - Bovine, porcine (closest to human)
- Type IV. This type is found in the layers of your skin.
 - Egg membranes and shells
- Type V. This type is found in the cornea of your eyes, some layers of skin, hair and tissue of the placenta. (combo)

Collagen can't be measured — for instance, in a blood test — but there are signs that your collagen level is decreasing. These signs and symptoms include:

- Skin that is wrinkled, crepey or sagging
- Hallowing in and around your eyes and face
- Shrinking, weakening muscles and muscle aches
- Stiffer, less flexible tendons and ligaments
- Joint pain or osteoarthritis due to worn cartilage
- Loss of mobility due to joint damage or stiffness
- Gastrointestinal problems due to thinning of the lining of your digestive tract
- Problems with blood flow

Tips to get in extra natural collagen:

- When making soup, broth, stock, stews toss in a whole wing, or even a whole or part of a foot or hock
- Make a large batch of very concentrated collagen soup or pigs feet, refrigerate the strained liquid to cool in a square/rectangular pan or an ice cube tray. Once fully jelled they can be cut & stored in the freezer and tossed into just about anything you make for a great extra helping
- Eat the membrane around the egg. If you are opposed to that, wash your eggs before you crack them, then once cracked bake it till brown, let dry then grind it up. Add it to most any meal.
- Eat the membrane on the back of the ribs!
- So many people refuse to eat the skin of fish and animals. This is often where the highest concentrations of collagen are

Best sources to keep in your freezer:

- Beef - knuckles, femurs, tendons, ribs, tail, feet
- Pork - head, ribs, skin, hocks, tail, feet
- Sheep - head, ribs, skin, hocks, feet
- Chicken - backbone, wings, legs, feet (high in Omega 6)
- Marine - salmon heads/bones/skin, halibut bones, shrimp and crab shells
- Eggs - shells w/membranes

LINKS:

7 Natural Sources of Collagen (For Your Skin) 2024 - https://youtu.be/sr2UJqyiqqc?si=ZI_ApDPSIAY97Gux

A Tasting of Culinary Science—Collagen - <https://youtu.be/QXkqhMNL1wA?si=T49ASQaCG6INL13W>

The Insane Benefits of Collagen Rich Foods That Support HAIR, SKIN, NAILS | Dr. Steven Gundry - <https://youtu.be/RcMiA9nMxBQ?si=fshCKa9ebzsAMPcp>

12 Best Collagen Rich Foods (Impressive Anti Aging Benefits) - <https://youtu.be/ahkmcbeaiyk?si=gPj9w8kFGZ7D5lhq>

Reading List:

The Gelatin Secret: The Surprising Superfood That Transforms Your Health and Beauty - Sylvie McCracken
<https://amzn.to/3HpgEEd>

The Collagen Cure: The Forgotten Role of Glycine and Collagen in Optimal Health and Longevity - Dr. James DiNicolantonio & Siim Land <https://amzn.to/3u9cDAT>

Collagen is Life: Complete Guide to the Benefits, Potential Side Effects and Ways Taking Collagen Can Keep You Healthy and Youthful - Dan Banachoski <https://a.co/d/eY6WDVY>