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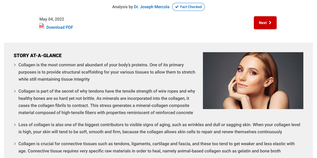

Why Collagen Is Crucial for Bones and Skin

Analysis by Dr. Joseph Mercola ✓ Fact Checked

May 04, 2022

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STORY AT-A-GLANCE

- Collagen is the most common and abundant of your body's proteins. One of its primary purposes is to provide structural scaffolding for your various tissues to allow them to stretch while still maintaining tissue integrity
- Collagen is part of the secret of why tendons have the tensile strength of wire ropes and why healthy bones are so hard and brittle. As minerals are incorporated into the collagen, it coaxes the collagen fibrils to contract. This stress generates a mineral-collagen composite material composed of high-tensile fibers with properties reminiscent of reinforced concrete
- Loss of collagen is also one of the biggest contributors to visible signs of aging, such as wrinkles and dull or sagging skin. When your collagen level is high, your skin will tend to be soft, smooth and firm, because the collagen allows skin cells to repair and renew themselves continuously
- Collagen is crucial for connective tissues such as tendons, ligaments, cartilage and fascia, and these too tend to get weaker and less elastic with age. Connective tissue injuries are specific raw materials in order to heal, namely animal-based collagen such as gelatin and bone broth
- Homemade bone broth using bones and connective tissue from grass fed, organically raised animals will produce the best result. If using a supplement, make sure it's made from grass fed organic animals, such as beef bones. Collagen supplements made from cattle hides can be problematic, even if organic and grass fed

Collagen is the most common and abundant of your body's proteins. One of its primary purposes is to provide structural scaffolding for your various tissues to allow them to stretch while still maintaining tissue integrity. While it's commonly known that a collagen diet can help counteract signs of aging in your skin, it's also crucial for bone health,[1,2] and this is less widely known.

Collagen's Role in Bone

Bone is created as collagen fibrils intertwine together with carbonated hydroxyapatite (calcium apatite). Combined, they form a hybrid material that is very strong and flexible.

What's more, as other minerals (such as strontium- and calcium-based minerals) are deposited inside the collagen, it causes a reaction that triggers the collagen fibrils to contract. This stress generates a mineral-collagen composite material composed of high-tensile fibers with properties "reminiscent of ... reinforced concrete," to quote an April 2022 paper in the journal Science.[3,4]

In short, this explains why tendons have the tensile strength of wire ropes and why healthy bones are so hard yet not brittle. As explained by Phys.org, which reported the findings:[5]

> *"A team at the Max Planck Institute of Colloids and Interfaces (MPICI) has discovered new properties of collagen: During the mineralization of minerals in collagen fibers, a contraction tension is generated that is hundreds of times stronger than muscle strength.*
>
> *This contraction of the fibers apparently occurs during mineral incorporation into the collagen, putting the mineral under enormous pressure, which increases the fracture strength of the composite ...*
>
> *The strength of bones is based on the structural interplay of soft, organic collagen fibers and the hard, crystalline mineral particles embedded in them, thus a hybrid material. The collagen gives the mineral particles an active pre-stress.*
>
> *Civil engineers use a comparable mechanism in pre-stressed concrete with the aid of high-strength steel and thus produce crack-resistant structural elements.*
>
> *'It is also interesting from a medical or biological point of view to understand what happens in the process of mineralization in bones,' says Dr. Wolfgang Wagermaier, group leader at the MPICI. He adds, 'Many bone diseases are associated with changes in mineral content in bones and thus altered properties.'"*

Collagen Can Help Improve Your Skin

Loss of collagen is also one of the biggest contributors to visible signs of aging, such as wrinkles and dull or sagging skin. When your collagen level is high, your skin will tend to be soft, smooth and firm, because the collagen allows skin cells to repair and renew themselves continuously.

By the time you reach your 80s, you have about four times less collagen than you did in your youth, which brings about the skin issues. A collagen-rich diet can go a long way toward slowing down these visible signs of aging.[6,7,8] It also benefits your hair and nails.

That said, certain environmental and lifestyle factors can also have a negative impact on your collagen production, regardless of your age, making healthy youthful skin hard to attain. Factors that can slow your body's ability to manufacture collagen include:

Hormone imbalances and thyroid dysfunction
Pollution and dust
Overwork
Hydrogenated cooking oils
Processed foods
Nutritional deficiencies
Fluoridated water
Radiation
Excessive sun exposure
Sugar
Stress
Poor liver or kidney function

If you're vegetarian, you may also have a more difficult time keeping up your collagen intake, because it's stored in animal bones. It's one of the reasons why bone broth is now considered a superfood.

When it comes to skin health, it's important to realize that typically applied collagen cannot cross into deeper skin layers, so most collagen-containing skin creams are likely a waste of money. To really make a difference, you need to tackle the problem from the inside-out, making sure you're getting enough collagen, either through collagen-rich foods or a supplement.

Collagen for Soft Tissue Injury and Repair

Collagen is, of course, also crucial for connective tissues such as tendons, ligaments, cartilage and fascia, and these too tend to get weaker and less elastic with age. Connective tissue injuries are also problematic due to the fact that there's very little blood supply in connective tissue, which slows down recovery.

> **"Collagen is high in amino acids such as glycine, proline and hydroxyproline, which are the building blocks for the matrix of connective tissue. Your body automatically takes collagen into stressed areas and places where it's needed the most."**

While a muscle injury is fairly easy to fix and recover from, connective tissue requires very specific raw materials in order to heal, namely animal-based collagen such as gelatin and bone broth.

Collagen is high in amino acids such as glycine,[9] proline and hydroxyproline, which are the building blocks for the matrix of connective tissue. Interestingly, your body automatically takes collagen into stressed areas and places where it's needed the most.

On a side note, collagen will not count toward your daily protein intake, because it's very low in branched-chain amino acids (such as leucine, isoleucine and valine, found in meat), which are the primary amino acids that stimulate muscle anabolism and muscle building.

Other Health Benefits of Collagen

Health benefits provided by collagen supplementation, aside from what I've already mentioned, include:

Deeper sleep and serotonin release due to its glycine content[10]
Reduced joint pain and stiffness,[11] including osteoarthritis pain[12]
Improved gut health and digestion, thanks to the presence of glycine[13]
Improved blood pressure and reduced cardiovascular damage[14]
Improved glucose tolerance[15]
Reduced inflammation and oxidative damage, as glycine inhibits the consumption of nicotinamide adenine dinucleotide phosphate (NADPH). NADPH is used as a reductive reservoir of electrons to recharge antioxidants once they become oxidized

Types of Collagen

While 28 different types of collagen level is high, most supplements will contain one or more of just three of these, which are known simply as:[16,17,18]

- Type 1 — collagen found in skin/hide, tendon, scales and bones of cows, pigs, chicken and fish
- Type 2 — formed in cartilage and typically derived from poultry
- Type 3 — fibrous protein found in bone, tendon, cartilage and connective tissues of cows, pigs, chicken and fish

Types 1, 2 and 3 comprise 90% of the collagen in your body.[19] As for the difference between collagen and gelatin: Collagen is the raw material; gelatin is what you get when you cook the collagen.[20]

Choose Your Collagen Source Wisely

Historically, traditional diets provided ample collagen in the form of broth made from boiled chicken feet or beef bones. These are by far your best alternatives. If you decide to use a collagen supplement, it's important to know what to look for. Here are some general questions to ask when shopping around:

- **Has it been hydrolyzed?** — Collagen supplements can be either unhydrolyzed (undenatured) or hydrolyzed (denatured). In their natural, unhydrolyzed state, collagen molecules are poorly absorbed due to their large size. Hydrolization refers to a processing technique that breaks the molecules down into smaller fragments, thereby enhancing intestinal absorption.

  For this reason, most collagen products are hydrolyzed. However, the processing that most collagen supplements undergo to become hydrolyzed can also result in questionable byproducts that are best avoided. I review some of these problems in the video above.
- **Is it organic and/or grass fed certified?** — Laboratory testing has revealed many popular collagen and bone broth products contain potentially hazardous contaminants typically associated with concentrated animal feeding operations (CAFOs), such as heavy metals,[21,22] chemicals like butylparaben, and various veterinary drugs,[23,24] including antibiotics.

  To avoid contaminants, make sure your collagen supplement is certified "100% Organic" by the U.S. Department of Agriculture (USDA)[25] or better yet, certified grass fed by the American Grassfed Association (AGA), which has the most rigorous standards. This also applies to gelatin, commonly used in cooking and baking.
- **What raw materials is it made from?** — Nonorganic collagen is almost universally made from hydrolyzed cattle hides, not beef bones. When made from cattle hide, even organic certification becomes questionable, because hides, organic or not, are still scraps from the leather tannery industry and have undergone intense processing with harsh chemicals.

  Raw, newly skinned hides arrive to the tannery on large pallets, where they can remain to rot for weeks before being processed. Even though they're salted, they're not entirely preserved and the stench is overwhelming. The tannery process itself typically involves an acid bath and processing with harsh chemicals such as sulfuric acid or chromium salts.

  Hides with scars and imperfections are discarded once they're gone through this processing, and these castoffs are what are used to make bovine hide-based collagen supplements. The already processed scraps then undergo additional processing to dissolve the hide and release the collagen peptides. So, while the raw hide may have come from an organically raised, grass fed cow, after all that chemical processing, just how organic is the final product?

My personal preference is to use a less denatured (unhydrolyzed) grass fed organic collagen supplement made from beef bones (not hide). Unhydrolyzed products tend to have a more balanced amino acid profile, and grass fed beef bones will avoid most contaminants.

That said, I still believe the natural approach is best. Making homemade bone broth using bones and connective tissue from grass fed, organically raised animals isn't very complicated and will produce the best results. If you prefer chicken broth, consider using organic chicken feet. The claws are particularly rich in collagen.[26]

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askershaw
Joined On 7/8/2013 3:01:14 PM
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How does a cow make collagen? She contains a lot working bone broth. Even if she did, she would still have to digest it and then reconstitute it into her specific collagen. For those with good digestion, eating several varieties of collagen will work. What about those with poor digestion, most over 60? Besides the basic amino acids and essential minerals, vitamin C and sulfate are necessary to create your own collagen. My 22 year old autistic grandson is injected everyday with and serious medication and he gets intermittent allergic reactions once a week. The professionals who administer to him and the mothers of autistic children subjected to similar daily abuse marvel at his skin.

No lactose or other obvious problems. He has almost daily baths with Epsom Salts and powdered vitamin C and baking soda. His mother also adds unrefined sea salt and zinc lozenges to make sure he gets essential minerals through his skin. He like most autistics has poor digestion. For my old, dry, raggedy skin prone to bruising I make a concoction of aloe vera, 1 cup, vitamin C powder 1/2 tsp, Epsom salts, 1/2 tsp, glutathione 100mg. Vitamin C in solution turns an ugly orange when it oxidizes. If it didn't it would be in all cosmetics. Glutathione and vitamin C perform the redox cycle on each other so the solution does not degrade. The GSH, C & glutathione protects my skin from bruising and reduces wrinkles.

My turkey neck has shrunk. I think that the bath formulation of my daughter will help prevent osteoporosis. It is inexpensive and can not cause any harm. It has helped friends and teammates recovery from injuries to joints and muscles. I am 79 and suffer no pain and can still touch my toes. I am lazy so I do not do work outs besides walking to the market and swimming in the ocean. I concur with this article but I find it better to make my own collagen from scratch. My gut was ravaged by Roundup so I do not digest well. I make a concoction of the essential amino acids plus 9 more

Reply · Mark as Spam · Post Date: 5/4/2022 3:23:55 AM

Sarah5
Joined On 10/11/2006 10:42:28 AM
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Thank you for sharing your concoction recipe. Is this taken internally or put in the bath? And where do you get these items? Thanks!

Mark as Spam · Post Date: 5/4/2022 3:23:55 AM

askershaw
Joined On 7/8/2013 3:01:14 PM
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I use it topically everywhere on my body. It also protects against sunburn and can also heal sunburn. The vitamin C will regain the UV damage. It also regenerates. I am a publicist that lives on the speaker. It is mostly crucial to my health that I am able to use it as it relieves

Reply · Mark as Spam · Post Date: 5/4/2022 3:23:55 AM

Sarah5
Joined On 10/11/2006 10:42:28 AM
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Thanks for the information! I'm a speaker too and I'm always looking for something that will help me with my voice. Thanks!

Mark as Spam · Post Date: 5/4/2022 3:23:55 AM

After I cover myself in the aloe vera, C, MgOx4 glutathione solution I cover over with coconut oil and then, because my skin is dry with little sebum production to make a barrier, I take a little tandin. It is sticky and needs coconut oil to spread. For tandin I use nipple cream which can lead to amazing conversations.

When the solution is running low I just put the rest in my beverage and drink it. The ingredients can be found in many places and on line. I make my own aloe vera. There are many plants but little refined product here. It is crazy. There are many videos. I use pure ascetic acid powder. It is made in China but ascetic acid is ascetic acid and it is good grade for the simple fact that it is used in pharmaceutical and industrial processes so must be pure. The Chinese sent 50 tons of vitamin C to Wuhan shortly after the beginning of the scamdemic.

China has had 3 deaths per million compared to the US 5,000/million and it is not because of superior masking and lockdowns. www.worldometers.info/coronavirus/ For a university deadly pathogen the variation in death rates is rather peculiar. I do not have an easy explanation. I rent on a small farm 3 miles from a beach. The farmer poisoned himself a bit and caused a skin rash. He has used the concentrated ascetic acid for years. There is a demand growing amongst the farming community.

Mark as Spam · Posted On : 5/4/2022 4:27:39 AM

Like · Dislike

lovestosing6
Joined On 5/24/2013 8:44:35 AM
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Hey there, what is SOA? I want to try this! :)

Mark as Spam · Posted On : 5/4/2022 5:47:44 AM

Like · Dislike

rennyvs
Joined On 5/4/2022 6:32:27 AM
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Thank you for this information. I have Alpha Gal Allergy Syndrome and cannot consume mammal products. This will be very helpful.

Mark as Spam · Posted On : 5/4/2022 6:53:32 AM

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bnodiencs12
Joined On 9/16/2008 1:31:50 PM
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Goldcoaster. Gates not stupid, but intentional and one of the most dangerous people living today with what he has done and plans to do with humanity. How he is allowed to go about his merry way without any accountability is chilling to say the least

Mark as Spam · Posted On : 5/4/2022 8:35:19 AM

Like · Dislike

rhajandj
Joined On 3/23/2010 10:00:43 AM
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This is fantastic to read. What do you do with your skin recipe once made? Do you rub it ON your skin or do you put it in your bath everyday? It sounds GREAT. Thank you.

Mark as Spam · Posted On : 5/4/2022 9:38:41 AM

Like · Dislike

Keythong
Joined On 5/3/2021 12:07:23 PM
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@lovestosing6 SOA was probably was too short for MgSO4, Magnesium sulfate (Epsom salt).

Mark as Spam · Posted On : 5/4/2022 11:05:19 AM

Like · Dislike

sekarshae
Joined On 7/8/2013 3:01:14 PM
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SOA is sulfate. Stephanie Benoff has much work on the importance of sulfate not to mention magnesium. She recommends 2-3 baths with Epsom Salts weekly

Mark as Spam · Posted On : 5/4/2022 1:03:35 PM

Like · Dislike

fanofjesus
Joined On 1/3/2012 1:41:39 PM
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I too had suffered from poor digestion, until I found Humic/Fulvic acids. Within a couple of days taking it, I stopped having that pain in the stomach as soon as I lay down to sleep. It has done more for my digestion than any other things I've used, including apple cider vinegar.

Mark as Spam · Posted On : 5/4/2022 1:20:49 PM

Like · Dislike

sekarshae
Joined On 7/8/2013 3:01:14 PM
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Possibly the next plandemic will be Ebola, a hemmorraghic disease. What it is according to Dr. Thomas Levy is rapid scurvy which ruins the body of vitamin C and causes the coagulation of capillaries. Vit vitamin C is the cure. We do not need a vaccine, we need better access to vitamin C. If one is sufficiently nourished Ebola does not infect. Here is his free book, "Rapid Virus Response" https://vm.mediapub.com/ in English and Spanish.

Mark as Spam · Posted On : 5/4/2022 1:26:16 PM

Like · Dislike

robertgiusonocomcast.net
Joined On 6/5/2020 3:59:31 PM
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Good concoction. But toss in freeby ground ginger. It's a farmeyfranrfiewse inhibitor, among other benefits to aging skin.

Mark as Spam · Posted On : 5/4/2022 5:40:29 PM

Like · Dislike

elainenappler57gmail.com
Joined On 5/4/2022 6:01:32 PM
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How much aloe do you use for this recipe?

Mark as Spam · Posted On : 5/4/2022 6:03:06 PM

Like · Dislike

ker5118
Joined On 11/17/2021 4:17:00 AM
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"It is used in pharmaceutical and industrial processes so must be pure" Are you sure about that. Hahahahahaha

Mark as Spam · Posted On : 5/5/2022 2:27:50 AM

Like · Dislike

juststove
Joined On 1/5/2012 11:13:54 AM
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Now, now, let's get serious. Farmer Bill, (Gates,) has decreed we should be allowed one hamburger a year at most...so how much bone broth can we consume and still have his approval? ;)

Reply · Mark as Spam · Posted On : 5/4/2022 4:43:30 AM

Like · Dislike

lovestosing6
Joined On 8/26/2013 8:44:35 AM
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Doomed, I tell ya! One bowl of bone broth a year also! He doesn't look very healthy does he?

Mark as Spam · Posted On : 5/4/2022 5:39:01 AM

Like · Dislike

GoldCoaster
Joined On 6/20/2009 1:20:19 AM
Add as Friend · Send Message

How can a persons whole super smart also be so stupid?

Mark as Spam · Posted On : 5/4/2022 5:42:27 AM

Like · Dislike

juststove
Joined On 1/5/2012 11:13:54 AM
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Lovestosing, If Gates is supposed to be the poster boy for health they'd better hired an army of airbrush experts. GoldCoaster, a mass network of institutions & people who are dependent on the crumbs falling from his plate who either prop up the notion he is a genius or actually feed him the BS he peddles because it keeps their toxic corner cranking in the Ox, Ray, Me.

Mark as Spam · Posted On : 5/4/2022 6:23:05 AM

Like · Dislike

mammyrebb1
Joined On 11/5/2021 8:36:44 AM
Add as Friend · Send Message

lovestosing6- Let's just hope that Gates actually IS as healthy as he LOOKS!!!

Mark as Spam · Posted On : 5/4/2022 9:15:34 AM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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Start at minute 6 if you are short of time, but you will not be able to quit watching. The SHOCKING Truth: Burning Food Factories, Bird Flu, & Engineered Food Crisis rumble.com/v1ri7q8/the-shocking-truth-burning-food-factories-bird-fl... Whoever controls food, energy, money and all that those systems entail controls the globe. You need to be figuring out your own supply and solutions to nowadays. Doing what you can even if you cannot do everything will still put you further ahead.

Mark as Spam · Posted On : 5/4/2022 9:57:12 AM

Like · Dislike

Sue12Cross
Joined On 10/31/2009 2:23:30 AM
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Brilliant article! I also like the way that the solution goes back to the first principles of not all the buffalo, in that the best forms of collagen are from what are often the make-weights or rather the obligatory elements in a meat order from either crowd butchering or bulk-buying from the farm. Beef bones, for example, are something your organic butcher should give you for free, as mine does with beef fat. Ironically the meat cuttings are the least considered.

However, probably unless you live in a country where chickens are sold dressed but still with heads and feet, then you are not going to find it easy to obtain chicken feet, which are a delicacy amongst the organic gourmands here in France. The only way to obtain them is to be like a and raise your own poultry and then you will know exactly what they eat and the sort of life style they have. Above all if you are going to eat them rather than raise poultry for eggs, give them a good life before that happens and don't name them - it may seem obvious but surprisingly isn't.

Reply · Mark as Spam · Posted On : 5/4/2022 2:21:06 AM

Like · Dislike

Almond
Joined On 2/26/2008 4:23:33 PM
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We are living in a perverse age of finickiness in which people do and eat only what they want. In earlier times, people never had the luxury to not eat every part of the animal. Many people were more concerned with simply getting enough calories to survive rather than worrying about the nutrient density of every calorie. Yet, when living off the land, on seasonal foods, people may have been better nourished than supermarket-dependent types today. There is no virtue in wastefulness. I continue to be shocked at what people will discard on a whim so they can go buy new...often a much inferior product. I see so much waste due to laziness vs self-indulgence.

Those who remain in denial about the ongoing economic collapse are going to get slammed hard. Some experts say to expect another 10% increase in food prices over just the next 30 days. (And each month after that?) Even that may be conservative. All food-related production costs have increased for the farmer and grower. One thing people may not be aware of is that there is less a shortage of meat in rural areas, than enough butchers to cut it. So, if you cannot schedule many months ahead, you may have an advantage if you have learned to cutleavy your own meat.

Mark as Spam · Posted On : 5/4/2022 5:06:26 AM

Like · Dislike

lovestosing6
Joined On 8/26/2013 8:44:35 AM
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Almond - It's certainly changing the times, isn't it? Instead of feeling like I'm in the 80's, now I feel like I'm in the 70's! I remember when we went to a friend's house and they killed a rabbit in front of me and did it up and boom, rabbit stew. I didn't have any, I was very little and won't ever forget that experience. But we are definitely coming to a place where we know what we eat and we'll have to figure out how to grow our own food (if we haven't quite gotten there already).

Mark as Spam · Posted On : 5/4/2022 5:42:16 AM

Like · Dislike

jamiljim
Joined On 2/23/2008 11:15:54 PM
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I personally do better on a meat based diet and I focus on consuming meats with the highest collagen and Omega-3's DHA and EPA (long chain/animal based fatty acids). I get regular complaints on the condition of my skin and I don't use skin enhancing lotion products except for my hands and feet. I use beef tallow for that. However, I've never met a vegetarian that didn't have perfect skin. Why is that? Everything your body needs to make its own collagen is in fruits and vegetables. I try to do both. I believe a balanced diet is the best/smartest diet. For those that have food allergies (me), it is critical to find out exactly all of the foods you are allergic to and eliminate them from your diet.

The best investment I ever made was a food and air allergy test. I found out I'm extremely allergic to PINE TREES, wheat, corn, and most grains/seeds/nuts/legumes. So it should be no surprise that I had a heart attack living in a state that's 90% pine trees while consuming a diet that was mostly night-shades/legumes/grains/seeds/nuts. I left the land of evergreen trees and plant based foods for the land of cab-trees (TN) and animal based foods.

It's different strokes for different folks. There's no one size fits all. My mother has to do both. I have some of the same problems she has. Her condition is more severe. She eventually becomes allergic to whatever she's eating. She switches back and fourth from plant based to animal based as a result. She does plant based (almost vegan) in the spring/summer and animal based (extreme low carb) during the fall/winter. She turns 78 this summer and is still teaching High School Geometry and Algebra so she must be doing something right. Like me, she isn't on any medications!

Reply · Mark as Spam · Posted On : 5/4/2022 7:09:49 AM

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forbiddenhealing
Joined On 2/21/2011 9:51:45 AM
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Why has Vitamin C remained such a third rail? I have been laughed at for mentioning it by many doctors and dentists. VIC is essential for connective tissue formation and maintenance along with lysine/proline, glucosamine, chondroitin, hyaluronic acid, Ca/Mg and whatever else is obtained from well made bone/cartilage stocks. Skin, bones, ligaments, tendons, the linings of lung/intestine and blood vessels, and fascia...and they conduct electricity as shown by acupuncture applied not to the nervous system but critical junctions of fascial planes. I make stocks of fish carcasses, turtle bones, deer, duck, turkey, beef, chicken...and find gag fests/tails and oxtails produce the thickest/ stickiest stocks, all are made using seaweed and vinegar.

A local organic farm sells bone broths produced in a big pressure cooker filled with cow feet and heads run for 24 hrs..... VIc C is also responsible for maintaining calcium balance twixt blood and bone (see Dr. Levy youtubes). Though regular ingestion of Mega C plus rich stocks is critical, I'm finding diversity in gut bacteria plays a role in skin tone at least, either from key factors they produce or out competing pathogens and endotoxins. or both. or other.

See pricey tablet commercials advertising calcium collagen plus Vitamin C? Or supplement makers marketing up fancy VIC pills? I have priorities for spending like on diesel today, so I choose not to discard animal bones and use cheap 100% pure ascorbic acid @ $15.00/kg AMMMMMMMM baking soda @ 99c/lbs..... and grow all-year-not fruits/berries/nuts/greens/beef...and stay focused on the fact that we are electrical creatures in an electromagnetic universe. more. rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p2 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p3 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p4 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p5 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p6 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p7 rock.bch.org/forum/viewtopic.php?mode=viewprofile&u=2&sid=ed2d2d2d2d2d2d2d2d2d2d2d2d2d2d#p8 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On the critical issue of raps vs higher states of consciousness, which I often mention...Check out "Independent Lens' on PBS (I rarely agree w PBS/NPR). Consciousness 323 E3...when it recurs or via app.....which includes research into psilocybin...and compare to "Hamilton's Pharmacopeia' on VICE looking into peyote...They both focus on the separateness, horrors and perversions of the ego-bolted to the conscious connectedness and unconditional love of an evolved mind...and yet, on the earth socks when sick selfish egoes are in control in opposition to all non-religious/non-spiritual/psychic principles! Similar benefits are attributed to meditation, LSD an ayahuasca. In a world of delivered disinformation distributed by greedy neurotic compassionless egomaniacs, it pays to understand the ego and the behaviors of the predatory parasites who think they own you and the planet.

Mark as Spam · Posted On : 5/4/2022 8:29:02 AM

Like | Dislike

forbiddenhealing
Joined On 2/21/2011 9:51:43 AM
Add as Friend · Send Message

Rebeca...Doses are individual depending on levels of oxidative stress/inflammation. Find bowel tolerance to C-Making soda..sodium ascorbate somewhere between 2 and 10 grams per dose, proceed just short of diarrhea 1, 2, 3, 4 Ex-Vap.

Mark as Spam · Posted On : 5/4/2022 8:43:56 AM

Like | Dislike

askershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend · Send Message

Captain, As usual your comments are full of knowledge and wisdom. In Ecuador pata soup is another for lunch everywhere. Pata is the hoof and lower leg of beef. All the beef here is grass fed because there is fresh grass growing year round. I make it myself in a pressure cooker in the highlands where boiling temp is 192 F. Ecuadorian Amazon is also a source for ayahuasca. I was one of the original hippies so I had pure Ochig LSD 3 times on purpose and once by accident. It was soul changing and that enlightenment has remained. I have also meditated since the 60s. Something I recommend for all. Though I have been offered ayahuasca, I do not feel a need. I am connected to the universe. I do not recommend hallucinogenics to anyone. It must be a personal choice made under experienced guidance. Bad trips can be life changing in an unhealthy manner.

Mark as Spam · Posted On : 5/4/2022 2:03:34 PM

Like | Dislike

sha193918
Joined On 3/5/2018 2:44:00 PM
Add as Friend · Send Message

Dr M. I am not much of a meat person, and have trouble consuming bone broth as it doesn't agree with me. What brand(s) do you recommend for collagen that we use?

Reply · Mark as Spam · Posted On : 5/4/2022 6:19:23 AM

Like | Dislike

Shasha
Joined On 3/10/2007 4:23:27 PM
Add as Friend · Send Message

Poached antibiotics free eggs may help. Experiment and see what brands from a store/internet may help. Bone broth may help with minerals. No gelatin may help the gut lining heal and absorb more nutrients. Gluten is in wheat/barley/rye ,cross-reactive LDN may helpfulour is low in gluten. Wild rice has no gluten , is a grass. VS C/G may help. Osteoporosis instead of dairy may help bones/nuts/teeth be strong. Hindgrave said has B9 have minerals , may help sleep/stress etc. Pregnancies/VS B12 methylcobalamin (under the tongue kind/shot etc) may help build bones. NO gluten/dairy/soy/sugar/GMO/food with a label/heated oils , taking vitamins/good oils/minerals , probiotic , LDN ,detoxing may help the brain/body/bones/mood etc..

Mark as Spam · Posted On : 5/4/2022 11:02:04 PM

Like | Dislike

fanofjesus
Joined On 5/3/2013 1:41:39 PM
Add as Friend · Send Message

I have the advantage of having a husband that hunts, so I often make bone broth from the carcasses. I will now just drink that broth rather than continue to buy Now brand UC-collagen

Reply · Mark as Spam · Posted On : 5/4/2022 1:17:20 PM

Like | Dislike

cosull
Joined On 7/5/2011 6:09:31 AM
Add as Friend · Send Message

Absolutely avoid fluoroquinolone antibiotics like Cipro to protect your tendons. I took a course of Tequin in 2003 and had a spontaneous Achilles tendon rupture requiring surgery. From Wikipedia: "In 2008, the U.S. FDA added black box warnings on all fluoroquinolones, advising of the increased risk of tendon damage".

Reply · Mark as Spam · Posted On : 5/4/2022 1:11:42 PM

Like | Dislike

katypat
Joined On 4/23/2021 4:03:53 PM
Add as Friend · Send Message

The first time I drank organic beef bone broth my face broke out in rash. This lead to my first ever case of rosacea. My dermatologist said that the broth has a high histamine content which I reacted to. So no bone broth for me sadly. Looking for substitutes.

Reply · Mark as Spam · Posted On : 5/4/2022 11:18:32 AM

Like | Dislike

MaryBB
Joined On 11/23/2009 11:22:14 AM
Add as Friend · Send Message

When I was growing up my grandmother would occasionally make soup out of chicken feet. It was super thick, but very sweet. And she would always cook the entire chicken when she made chicken soup and let the family decide how much broth and noodles each person would have in their soup. MMCB8121

Reply · Mark as Spam · Posted On : 5/4/2022 4:12:30 AM

Like | Dislike

billybri
Joined On 6/8/2008 9:16:45 PM
Add as Friend · Send Message

Seems like someone could come up with a simple recipe for a refrigerator chocolate bar that you make with Dr Mercola's chocolate collagen powder, cocoa, and coconut oil with coconut flakes and perhaps a pinch of salt. Make in a refrigerator and then keep chilled to keep the coconut oil from melting. Except for the coconut flakes, you could buy the rest of the ingredients from MercolaMarket. This collagen is probably sweet enough to overcome the bitterness of the cocoa.

Reply · Mark as Spam · Posted On : 5/4/2022 9:36:23 PM

Like | Dislike

bodboy2
Joined On 11/15/2015 5:08:32 AM
Add as Friend · Send Message

Thank you, Dr. Mercola, for this very good health article. I found that taking an organic chicken, boiling it in a pot, letting it cool down, cut up the chicken in the fog. The next day you will see a hard crust of fat on the top and grapple white gelatin underneath. This gelatin mixed can be used in soups, stews and such and is loaded with chondroitin sulfate to help rebuild all the joints of your body such as worn out kneecaps, from skiing, jogging, sports, disc on your backbone, whatever. It is also a great source of collagen, and you might be interested to know that your arteries and veins are made up of collagen.

Collagen and protein will help correct the ridges on your nails and make them look nice and smooth, with growth, and hardness, also skin smoothness and density (as applied to the skin), with stronger and shinier hair. Higher doses of vitamin C, Zygenix Inc. will help the body build hi-build collagen. "Recent investigations on the biochemical pathways after a musculoskeletal injury have suggested that ascorbic (vitamin C,ascorbic acid) may be a stable supplement to enhance collagen synthesis and soft tissue healing".

Reply · Mark as Spam · Posted On : 5/4/2022 8:16:59 PM

Like | Dislike

NobleEl317
Joined On 6/5/2020 7:12:10 AM
Add as Friend · Send Message

Bone broth is a huge no-no for those who are glutamate-sensitive, producing the same, God-awful headaches and brainfog you can get from MSG.

Reply · Mark as Spam · Posted On : 5/4/2022 3:11:41 PM

Like | Dislike

tinaran
Joined On 10/16/2012 2:19:53 PM
Add as Friend · Send Message

This info is for females. For me personally what helped all my skin the most was Estriol cream from amazon. Estriol is a form of estrogen produced in high amounts during pregnancy. It stimulates collagen production, modulates immune system amongst other things. I realized I started having estrogen deficiency, which causes dozens of various problems in the body. I read several books on hormones and experimented with Estriol and Progesterone cream with great success. After applying Estriol cream for a couple weeks all skin on my body became soft, plump, supple, moisturized. I stopped applying anything on my body, except sales of my feet and face - there is no need for Estriol cream is best applied on perineal area to get into pelvic circulation first as intended by nature, also on nipples for breast enlargement. Some people apply it on face, neck, behind knees and on wrists. You have to find the right dose for you at that time.

Reply · Mark as Spam · Posted On : 5/4/2022 1:53:38 PM

Like | Dislike

askershaw
Joined On 7/8/2013 3:01:14 PM
Add as Friend · Send Message

I recommended estrogen and progesterone cream for my menopausal wife fifteen years ago. She found that it caused her periods to restart. Dosage and type of hormone is imperative. Experiment and listen to your body not the "experts". When Richard Feynman was asked whether he believed in science, he replied, "Science is the belief in the ignorance of experts."

Mark as Spam · Posted On : 5/4/2022 2:11:02 PM

Like | Dislike

Shasha
Joined On 3/10/2007 4:23:27 PM
Add as Friend · Send Message

Estrogen helps the body retain moisture and may cause some swelling which may make wrinkles look less noticeable. Dairy has estrogen , it helps, but also hurts , swells my tonsils/neck and makes a rash. I look younger, but can't sleep/constipation/aches/made my bones weak. Estriol/progesterone/testosterone in the right ratios may help bones etc.. Estrogen can block the thyroid and yes , then make periods. Most dairy/soy/BPA/chemicals/corn fat The PSI/baby formula/Rae may make people estrogen dominant which may cause breasts/uterus/cancer /swelling etc.

Mark as Spam · Posted On : 5/4/2022 11:06:27 PM

Like | Dislike

September
Joined On 11/23/2007 1:25:24 AM
Add as Friend · Send Message

Could you please give the exact name of the Estriol and the exact name of the Progesterone cream you purchased on Amazon. I need this help plus other people's know. Thank you

Mark as Spam · Posted On : 5/5/2022 10:14:23 PM

Like | Dislike

Keylbong
Joined On 3/2/2021 1:07:23 PM
Add as Friend · Send Message

Bone Broth is quite expensive, and very time consuming to make, probably even with a pressure cooker. I prefer to buy Joints and/or or meat joints/wraps with skin and fat on it, then pressure cook them. This does seem to get some of the marrow and/or collagen out.

Reply · Mark as Spam · Posted On : 5/4/2022 1:14:13 PM

Like | Dislike

datadragon
Joined On 9/14/2015 6:50:55 PM
Add as Friend · Send Message

Late post. I have some new information regarding why both magnesium and Vitamin K2 are so important with calcium regulation and preventing tissue problems and how the active form of Vitamin D helps with bone formation. A large number of studies show that the circulating levels of osteocalcin reflect the rate of bone formation. Osteocalcin also called bone Gla protein (B.G.P.) is the major non-collagen protein of the bone matrix. The active form of vitamin D promotes osteocalcin (BGP) and also MGP synthesis (matrix Gla protein) helping with bone formation - it is active MGP that helps remove calcium from soft tissues and vitamin K is crucial for the activation of both MGP and BGP.

Mice in which the MGP gene was deleted died prematurely because of massive calcification of their tracheal cartilage and blood vessels www.ncbi.nlm.nih.gov/...11412574/ The active form of Vitamin D - 1,25 dihydroxyvitamin D3 (1,25(OH)2D3) dramatically increased MGP mRNA within 4 h and, by 24 h, increased MGP secretion 15-fold. This is only the second example of a bone matrix protein whose synthesis is dramatically increased by vitamin D, the first being the 4-fold stimulation of BGP synthesis by 1,25(OH)2D3 in ROS 17/2 cells.

The discovery that MGP and BGP are similarly regulated by 1,25(OH)2D3 was unexpected since the two proteins differ markedly in structure, physical properties, and tissue distribution. pubmed.ncbi.nlm.nih.gov/3297212/ | www.ncbi.nlm.nih.gov/...PMC1921539 There are unfortunately other reasons for the enzymes that convert vitamin D to its active form (which have magnesium as a cofactor) to be disrupted such as excess heavy metals, and so perhaps the starting point is to test both the 25-D and active 1-25-D forms at the same time to see first whats going on under the hood. Expression of CYP450 enzymes also seems to be downregulated in the hepatic tissue during the host response to inflammation or infection.

Reply · Mark as Spam · Posted On : 5/4/2022 1:08:37 PM

Like | Dislike

datadragon
Joined On 9/14/2015 6:50:55 PM
Add as Friend · Send Message

Copper is an essential trace mineral that the manganese has only recently been found to play an important role in bone health maintenance. Phosphatase is another Vitamin C, iron etc. A copper containing enzyme called lysyl oxidase aids in the formation of collagen for bone and connective tissue and contributes to the mechanical strength of bone collagen fibrils which are the long thin strands of proteins that cross link to one another in the spaces around cells. Copper also helps inhibit bone resorption through a copper and zinc containing antioxidant called superoxide dismutase. This antioxidant neutralizes superoxide radicals produced by the bone breakdown cells called osteoclasts during bone resorption.

Inadequate copper or manganese levels have been associated with the development of osteoporosis. Copper is required to be attached to ceruloplasmin to be usable by the body for this and its many other functions, otherwise you can have plenty of copper intake but still be deficient at the same time due to the lack of ceruloplasmin to make it usable. Most are not low in intake but low in being able to produce ceruloplasmin. Ceruloplasmin, a copper-containing acute phase plasma protein, has been shown to be regulated by 13 cis retinoic acid, a metabolite of Vitamin A in rats www.ncbi.nlm.nih.gov/...7503540

Retinoic Acid metabolism also depends on zinc and also magnesium (for cytochrome P450 enzymes) which in addition also reduces osteoclast levels. Since there are no known enzymes that can reduce retinoic acid to retinol, excessive or unneeded retinoic acid is not recycled back to retinol/retinyl ester and must be catabolized and eliminated from the body. This catabolism is catalyzed by one of several cytochrome P450 (CYP) enzymes which require magnesium. www.jn.org/.../1731.full

Mark as Spam · Posted On : 5/4/2022 1:11:36 PM

Like | Dislike

jan5574
Joined On 7/13/2020 6:34:55 AM
Add as Friend · Send Message

Another source is pork rinds. Ugly is an excellent brand, and Hero's is pretty good. They are fluffy, crunchy, sometimes flavored, and most of the fat is rendered out, so they have about the same fat content as most crunchy snack food. Pork rinds are almost pure collagen. When you look at the package, they should look similar to cheese doodles, but not orange, but a golden color. If there are a lot of flat, squashed ones, you will not be happy. The ones from Utz are all big and fluffy looking.

Reply · Mark as Spam · Posted On : 5/4/2022 9:35:49 AM

Like | Dislike

little_adamah
Joined On 2/11/2021 3:06:08 AM
Add as Friend · Send Message

Therapeutic natural clay. Shilajit (mumio mesin), raw sea salt and volcanic salt contain dozens of organic and inorganic elements that can be extracted, relatively simply at home, by what is called the wet method - resulting in ORMes. The myth also contains at least 27 organic elements and 62 inorganic elements. Dry resin and dry propolis can be dissolved in ethyl (food grade) alcohol, resulting in a very healthy tincture. Powdered resin (Commiphora Myrrha and Boswellia Serrata) can be used as an additive to tea in hot water.

Reply · Mark as Spam · Posted On : 5/5/2022 1:54:16 AM

Like | Dislike

robertgjonconcast.net
Joined On 9/13/2020 3:09:31 PM
Add as Friend · Send Message

A little known fact regarding tendons and ligaments: Chronic use of two common classes of drugs, proton pump inhibitors and cephalosporins, will damage tendons and ligaments. Tendons and ligaments, especially tendons, are constantly sustaining microtrauma and need to be repaired. Without the ability to repair, tendons and ligaments become weak and prone to injury. Proton pump inhibitors and cephalosporins, will damage tendons and ligaments.

micro lives. This occurs with normal daily activity, not strenuous activity. But, under normal circumstances, this does not lead to tendon damage because tendons constantly repairs micro tears. PPIs and antihistamines, however, inhibit the body's constitutive tendon repair process. So their chronic use leads to tendinopathy eventually crippling you (and doctors can't explain why it happened).

It is also noteworthy that some herbs are powerful antihistamines. Just one example is chamomile. Despite its benefits, taking megadoses of chamomile will damage your tendons. In some cases an antihistamine can save you life, but their chronic, long-term use is detrimental. It is also of note that the Ayurvedic herb 'haritaki' can inhibit collagenase (the enzyme in your body that degrades collagen), thus haritaki, taken properly, can be beneficial for tendon health.

Reply · Mark as Spam · Posted On : 5/6/2022 6:03:42 PM

Like · Dislike

fanofjesus
Joined On 1/3/2012 1:41:39 PM
Add as Friend · Send Message

thank you, again, dr mercola. I've been taking Now's collagen type II for years, and never knew the truth about what's really in that stuff. It always comes down to us have to be willing/able to pay for what will help us and not hurt us. having said that, it's probably cheaper to buy bones (which are no longer cheap) and make and drink broth.

Reply · Mark as Spam · Posted On : 5/6/2022 1:14:51 PM

Like · Dislike

cyn3054
Joined On 6/7/2018 7:25:39 AM
Add as Friend · Send Message

In response to the person who mentioned Bill Gates being both smart and dumb...he is actually neither of these. He got where he is because his grandfather was J.D Rockefeller's doctor and lackey and his father, a financier, was David Rockefeller's lackey. Bill Gates is not smart or special. He's ruthless...just like the Rockefeller family that groomed him.

Reply · Mark as Spam · Posted On : 5/6/2022 12:14:06 PM

Like · Dislike

lovestoning6
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

Very interesting. Thank you for this. New challenges, good food - looking forward to cooking some up asap!

Reply · Mark as Spam · Posted On : 5/6/2022 5:33:35 AM

Like · Dislike

SOS Mom
Joined On 6/19/2006 9:01:33 PM
Add as Friend · Send Message

A question for all you smart people. Where does hyaluronic acid come in to the formation of collagen? I thought it was a precursor and also very important but not sure?

Reply · Mark as Spam · Posted On : 5/6/2022 2:49:42 AM

Like · Dislike

lovestoning6
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

The largest amounts of it are found in your skin, connective tissue and eyes, but its main function is to retain water to keep your tissues well lubricated and moist.

Mark as Spam · Posted On : 5/6/2022 5:35:36 AM

Like · Dislike

askersuhar
Joined On 7/8/2013 3:01:14 PM
Add as Friend · Send Message

Hyaluronic acid's main ingredient is ascorbic acid. With sufficient amounts taken orally or applied topically you can make your own cheaply. Minerals, there will or an essentials and amino acids and omega 3 fats are also ingredients. I recommend broth made from ocean fish carcasses. Ask your local fish monger for his scraps. You may get them free. The heads also contain the thyroid gland so you also receive natural thyroid. I get that info from Weston A. Price Foundation. You might try the formulation I posted on my earlier comment. It works wonders for my old, dry, raggedy skin and the skin of others. As I tell young women, "if you want to look as beautiful as you are until you are a grandmother, use it daily".

Mark as Spam · Posted On : 5/6/2022 2:23:16 PM

Like · Dislike

Shasha
Joined On 5/10/2007 4:23:27 PM
Add as Friend · Send Message

It helps retain moisture in skin.

Mark as Spam · Posted On : 5/6/2022 11:14:05 PM

Like · Dislike

MyLucky10
Joined On 4/12/2010 9:49:24 AM
Add as Friend · Send Message

I grew up in a tanning town (Woburn, MA) - see the movie A Civil Action with John Travolta. The stench and water quality were horrendous!

Reply · Mark as Spam · Posted On : 5/6/2022 4:22:20 PM

Like · Dislike

tyll3593
Joined On 2/28/2022 10:34:22 AM
Add as Friend · Send Message

I just had an injection of exosomes in my shoulder from my functional health provider. It is suppose to help my worn down collagen regenerate and repair. Has anyone ever done this?

Reply · Mark as Spam · Posted On : 5/6/2022 9:21:12 AM

Like · Dislike

LCS120763AOL.COM
Joined On 6/9/2021 8:08:43 AM
Add as Friend · Send Message

I have suffered with my first gout outbreak. It states to stay away from beef and bone broth. What would be a good back up choice?

Reply · Mark as Spam · Posted On : 5/6/2022 11:08:01 AM

Like · Dislike

Shasha
Joined On 5/10/2007 4:23:27 PM
Add as Friend · Send Message

Cherries may help gout. Fish oil/ree gluten/no dairy/no soy/low sugar/no GMO etc may help.

Mark as Spam · Posted On : 5/6/2022 11:16:02 PM

Like · Dislike

ginworld
Joined On 4/13/2011 9:48:43 AM
Add as Friend · Send Message

Where can I find the short video on collagen? I want to use it in my class.

Reply · Mark as Spam · Posted On : 5/6/2022 7:04:42 AM

Like · Dislike

grandmaxx4ever
Joined On 6/1/2011 12:34:10 PM
Add as Friend · Send Message

www.bitchute.com/.../cUCw4QHnqp8

Mark as Spam · Posted On : 5/6/2022 11:44:06 AM

Like · Dislike

chuckstomeck
Joined On 8/19/2009 10:48:47 AM
Add as Friend · Send Message

What are vegan options? Would sea moss benefit?

Reply · Mark as Spam · Posted On : 5/6/2022 9:39:31 AM

Like · Dislike

and0079
Joined On 3/15/2011 8:59:58 AM
Add as Friend · Send Message

Vegetables! Cows and chickens build collagen from vegetables and so do humans. Vegan collagen supplements are not "collagen" but a collagen builder (nutrients the body needs to make collagen). The Garden of Life My Kind supplement includes substantially less than the RDA of A, B, C, and E, zinc, selenium, manganese, and chromium. The single exception is 2,500 micro grams of Biotin (vitamin B7), which is 833% of the RDA. Biotin deficiency is reportedly rare. Vegetables and fruits high in biotin include tomatoes, onions, legumes, nuts, sweet potatoes, mushrooms, nutritional yeast, avocados, and broccoli.

veganoffroad.com/vegan-biotin-sources [scroll down] These vegetables won't get you anywhere near the 833% RDA in a supplement. But Biotin in food is probably much more readily absorbed - and it might be prudent to question why 833% of the RDA is necessary, or why the body would need more Biotin than is readily available from food. After all, cows, chickens and other animals are getting all they need exclusively or mostly from plants.

Mark as Spam · Posted On : 5/6/2022 10:34:06 AM

Like · Dislike

askersuhar
Joined On 7/8/2013 3:01:14 PM
Add as Friend · Send Message

and0079 provide good but insufficient and erroneous info. Chickens given a choice eat insects and worms. Mine, when kitchen scraps were offered went for the meat, eggs and fish scraps first and then cooked grains and vegetables. If they have sufficient wild food they do not eat any grains. But here are wiser than humans. Where I live the hens are outside all day. When the infrequent cloud free sun appears, the hens run and lay out with their wings spread to absorb as much UVB as possible. The UVB converts the cholesterol on the feathers to vitamin D which the send to their livers by preening. The roosters don't do that but they only need to look good and make sperm. That takes less than making eggs that are viable. The humans here run for the shade or cover up when there is cloud free intense sun except for the crazy ones.

I am frequently warned I will get skin cancer. Bad science is like a disease spread by Northern corporations. Cows make collagen from grass. They, like all ruminants, have multiple stomachs with various microbiomes which do the digestion mostly. We are the only primate that is mostly omnivorous which made it possible to leave the tropics. I know of no native trait that is vegan. We have one stomach and a short intestine compared to other primates. Look at the stomach of a gorilla or a chimpanzee. They are strong and fit but they all have a gut to make room for their intestines necessary to digest the mostly vegan diet.

Mark as Spam · Posted On : 5/6/2022 2:44:17 PM

Like · Dislike

rebvie1
Joined On 1/13/2010 9:07:01 AM
Add as Friend · Send Message

Hello, I am wondering if anyone has any knowledge or experience with using collagen or bone broths to treat sclerodarma, which is an autoimmune disease that affects collagen and connective tissue. Any suggestions would be helpful.

Reply · Mark as Spam · Posted On : 5/4/2022 8:20:12 AM

Like · Dislike

JGB123
Joined On 8/20/2020 5:32:45 AM
Add as Friend · Send Message

Does anyone know how much bone broth is needed daily to improve skin appearance (besides all the other fantastic benefits). I paid $30 for what I thought was a high quality collagen supplement and did not see any difference in my wrinkles.

Reply · Mark as Spam · Posted On : 5/6/2022 5:51:44 AM

Like · Dislike

rresirose
Joined On 11/10/2011 8:59:01 AM
Add as Friend · Send Message

Brand? What seems most important is to have enough vit C onboard. If you read a lot deeper on the topic, vit C forms the matrix needed for additional collagen to lay down on, these go hand-in-hand. Most likely wasting money if you lack needed complements. You may want to re-read Adelaide/one concocted above and make something similar work for you. Or ask Forbidden Healing why we keep hearing, although the assists are often presented, only one-sided picture of efficacy. Not a magic pill or in the case of collagen powder marketing, not plain dust. Success lies in combining supporting ingredients.

Mark as Spam · Posted On : 5/6/2022 6:55:27 AM

Like · Dislike

grulla
Joined On 1/17/2012 8:02:55 AM
Add as Friend · Send Message

Perhaps you can start off by celebrating Cinco De Mayo tomorrow by slowly boiling and reducing a whole liquid quart of organic beef bone broth to 1/3 by volume, added to a large 40 oz can of Rosa Rita refried beans, with chili pepper, cumin, garlic, diced green chiles, etc., that I posted about just the other day.
www.pacificfoods.com/our-products/bone-broth/organic-bone-broth-beef/ >>> Also, I recently started experimenting with home made pumpkin pudding (as opposed to pie crust), and add an appropriate amount of unflavored Great Lakes beef or pork gelatin to the mix, with pumpkin spices and some heavy cream ingredients. greatlakeswellness.com/.../beef-gelatin-single-can

Mark as Spam · Posted On : 5/6/2022 7:46:57 AM

Like · Dislike

lmoberai
Joined On 3/7/2008 10:08:01 PM
Add as Friend · Send Message

Can we consume inexpensive gelatin soup instead of expensive collagen?

Reply · Mark as Spam · Posted On : 5/4/2022 8:32:52 AM

Like · Dislike

Shasha
Joined On 5/10/2007 4:23:27 PM
Add as Friend · Send Message

Gelatin is healthy/good.

Mark as Spam · Posted On : 5/6/2022 11:19:14 PM

Like · Dislike

shillingforthecoonk
Joined On 9/20/2021 1:48:25 AM
Add as Friend · Send Message

So what do I do as a vegetarian? Not vegan.

Reply · Mark as Spam · Posted On : 5/6/2022 5:24:15 AM

Like · Dislike

lovestoning6
Joined On 8/26/2013 8:44:35 AM
Add as Friend · Send Message

I was wondering that also. Here is a link that I found fascinating!
blog.algaecal.com/vegetarian-guide-protein-collagen-healthy-bones/

Mark as Spam · Posted On : 5/6/2022 5:37:37 AM

Like · Dislike

jamMjm
Joined On 2/23/2008 11:15:56 PM
Add as Friend · Send Message

Fish contains a lot of collagen, but it is mostly in the connective tissues along the spine, head, fins, skin, and jaw. So buying/consuming catfish fillets from the store won't do much for you. Eating canned sardines is the easiest way to get your collagen, calcium, and long-chain (animal based) omega 3 fatty acids EPA and DHA. There's a lot more to it than just consuming more collagen rich protein like chicken, fish, pork, and beef. Vit C is critical to collagen production. Fruits and vegetables are necessary for the production of collagen. Green Leafy veggies are critical actually! Vit one of the biggest critics of the vegetarian and vegan lifestyles because it didn't work for me.

After 4 years of going vegetarian, followed by 3 years of going vegan I had a heart attack. The pills processed food I was consuming was my cop-info (dairy intolerant) and "Eton Gear" caused. The only reason I was eating Eton One was per "doctor's advice". My cardiologist and my gastrologist both insisted that in order to lower my cholesterol and improve my digestive health I needed to consume more fish oil (omega 3 fatty acids (ALA) into EEGEFEVA), animal-based omega 3 fatty acids (EPA & DHA).

Leaving the skin on the fish has been the easiest way for us to get around these hurdles. We do wild Alaskan salmon, shell head trout, and catfish. We also have fish heads and make a Korean-style soup (very spicy). If you have an air fryer. The skin on

Fish contains a lot of collagen, but it is mostly in the connective tissues along the spine, head, fins, skin, and jaw. So buying/consuming catfish fillets from the store won't do much for you. Eating canned sardines is the easiest way to get your collagen, calcium, and long-chain (animal based) omega 3 fatty acids EPA and DHA. There's a lot more to it than just consuming more collagen rich protein like chicken, fish, pork, and beef. Vit C is critical to collagen production. Fruits and vegetables are necessary for the production of collagen. Green Leafy veggies are critical actually! Vit one of the biggest critics of the vegetarian and vegan lifestyles because it didn't work for me.

After 4 years of going vegetarian, followed by 3 years of going vegan I had a heart attack. The pills processed food I was consuming was my cop-info (dairy intolerant) and "Eton Gear" caused. The only reason I was eating Eton One was per "doctor's advice". My cardiologist and my gastrologist both insisted that in order to lower my cholesterol and improve my digestive health I needed to consume more fish oil (omega 3 fatty acids (ALA) into EEGEFEVA), animal-based omega 3 fatty acids (EPA & DHA).

Leaving the skin on the fish has been the easiest way for us to get around these hurdles. We do wild Alaskan salmon, shell head trout, and catfish. We also have fish heads and make a Korean-style soup (very spicy). If you have an air fryer. The skin on

salmon fillets turn out wonderful! It only takes about 7 mins. Put the de-scaled skin side down at 370 degrees for 7 minutes. I put a little lemon and pepper on for seasoning and that's it. The outer skin turns almost into a potato chip and the inner skin has the collagen gooiness.

Mark as Spam | Posted On 5/4/2022 6:07:31 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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Yes.....and I do make my own.Beef Broth..and consume about 60 litres a year.....been pigging out on it for decades....cheap eating with great benefits..... Just another reason to NOT allow 5G.....5G will kill off cattle and you .....proven over and over....5G is part of Directed Energy....used for lasers and pulsed weapons and many more.... just search "DARPA-5G " are see for yourself

Reply | Mark as Spam | Posted On 5/4/2022 7:59:09 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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news.lockheedmartin.com/5g-omnispace-agreement 5G is what the NWOdour will use to fight more mini-wars eventually wiping out billions

Mark as Spam | Posted On 5/4/2022 8:09:59 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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WorldWar 4 &5 soon to follow this is the last generation of humanity to walk this earth as we know it.....that why 5G is in every school.....to cull them.....

Mark as Spam | Posted On 5/4/2022 8:13:03 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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BouncingBall are : vaccines , masks , fuel shortages , food shortages , and on and on.....distractions.....along with the hyped up 'News" which is 90% Bogus .....lies to keep minds occupied with cluttered bullsh!t,,,and the stage acts of the governments damcing LIES and Musk n Gates , Bush's Obama ,Epsteins and and that pack of creeper=paedophiles .....All to keep the eyes and Miknds of billions occupied as 5G keeps getting set up to eventually CULL the Herd....

Mark as Spam | Posted On 5/4/2022 8:21:57 AM

Like Dislike

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mrrobb
Joined On 6/15/2011 2:41:18 PM
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I been harping about this 5G for 3 + years.....because I KNOW the power of RF....

Mark as Spam | Posted On 5/4/2022 8:23:15 AM

Like Dislike

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mammywitch1
Joined On 11/3/2021 8:26:44 AM
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mrrobb--just IMHO--this sort of thing is why so many people are dying from 'suicide' now! Not just one age group--but nearly ALL groups are suffering from this 'mental' (brought on by MSM's coverage of all the bad crap) condition.

Mark as Spam | Posted On 5/4/2022 9:35:48 AM

Like Dislike

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billstri
Joined On 6/8/2008 9:16:45 PM
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I really wonder that Dr Mercola in this article says that the protein in collagen cannot be used to partially meet the daily protein requirement. I read from other sources that you need most of the different types of protein daily, but they don't have to have exact balance. I also have read that some of the types of protein are only available from milk implying that everyone needs to drink at least one cup of milk per day to get those amino acids. But that would not be balance because if Dr Mercola is implying you need exact balance, then milk should be your only source of protein or you will violate the exact balance rule.

To gradually loose weight, I have been depending on for years to get about 20% of my daily protein requirement from Collagen. If getting enough protein is the main health problem and most important part of living, then I have to give up other vitamins and minerals in my diet to be able to get enough protein and not exceed 1600 K-calories per day on a time restricted diet plan.

Reply | Mark as Spam | Posted On 5/5/2022 12:07:44 PM

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