



11 WAYS TO BOOST COLLAGEN PRODUCTION IN YOUR BODY

As you age, your body produces less and lower-quality collagen. The best source of fueling your body with excess collagen is from Animal products such as bone broth, gelatin, chicken skin and pork skin which are very high in collagen. However, below are 11 ways you can boost collagen production in your body if you are coming of age; if you are of age where you want to prevent your collagen levels dropping low in the future, **you can use the below as preventative techniques as well!**



1. Eat Foods High in Collagen Production

Kiwi, Berries, Almonds, Avocados, Carrots, Dark Green Vegetables, Garlic, Oyster



2. Chemical Peels or Facial Massages

Having peels done on a regular basis (every 6-8 weeks) will lead to collagen stimulation that improves the appearance of wrinkles. Massages can stimulate collagen production and strengthen muscle memory.



3. Obvi Multi-Collagen Protein Peptides

Obvi protein supplements can get to work deep in the dermal layers and strengthen your collagen from the inside out, while acting as an agent to help improve the quality of hair, skin, nails and provide ample joint support. Best of all, it tastes great!



4. Bone Broth

Regular Consumption of bone broth is considered to have nutritional and healing benefits to supplement collagen production.



5. Cut the Caffeine, Sugar and Smokin!

There is evidence that caffeine may have an adverse effect on skin aging and the wound healing process of human skin. Smoking can kill off collagen, and results in dry, leathery and wrinkled skin around the lips and yes. Unfortunately sugar can have the same effect.



6. Hyaluronic Acid

Hyaluronic acid has been known for speeding up recovery time and relieving painful joints.



7. Vitamin C

Eat foods rich in vitamin C and amino acids. Foods that are rich in Vitamin C include citrus fruits, papaya, strawberries, broccoli and green, leafy vegetables like cilantro.



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8. Aloe Vera

Recent studies have revealed that extracted aloe sterols taken as a supplement doubled the production of collagen and hyaluronic acid.



9. Omega Fatty Acids

Protect the collagen in your skin by consuming a balanced diet that contains protein in the form of fatty fish high in omega-3 fatty acids and vitamin A.



10. Ginseng

Ginseng has been found to promote the growth of collagen. Studies have shown ginseng's ability to preserve skin against UVB ray damage from the sun.



11. Hydrate!

Keeping your skin hydrated with water, plant foods and hydrating skin care is the easiest way to boost collagen.

STOP WORRYING, START PREVENTING.