

**COLLAGEN**

*iDietSense*  
DIETICIANS

***THE NEW BOTOX?!***



***YOUR PARTNER IN LIFESTYLE CHANGE!***

***NEWS "BITES"***  
***AUGUST 2023***

Changing your lifestyle one bite at a time!

Aging is out of your control. How you handle it, though, is in your hands.

- Diane von Furtenberg

## Collagen - the new botox?!

The sudden surge in collagen's popularity - not only for health benefits but mainly the anti-aging market - prompted us to investigate the do's and don'ts surrounding collagen and its amazing properties.

What does collagen do?

Loosely speaking collagen acts as the frame for your skin - providing structure and support. This is important when you embark on any weight loss journey. The older we get the less collagen our bodies have and after the age of 24 collagen production starts to decline which will lead to sagging skin. Combined with weight loss this does not bode well and the more important it becomes to top up using a quality product. Collagen helps improve hyperpigmentation and lessens wrinkles whilst ensuring plumper firmer skin.

In recent years the bariatric field has opened up and we decided to partner with knowledgeable people in the field to import hydrolysed collagen from South America. Thorough market research led us to a unique product which we import from Brazil and locally distribute ourselves. Collagro has a wide array of perks and provides our patients with a medically proven product of the highest quality.

What damages collagen in the body?

- Smoking
- Sun exposure
- Refined carbohydrates



While it is always sensible to be sun wise and make healthy life style choices it really pays off to reduce your intake of refined carbs and sugar as they interfere with collagen production.

You can further boost collagen production by adding the following to your diet:

- Vitamin-C: citrus, berries, guavas, peppers, tomato, potato
- Zinc: proteins e.g. shellfish, red meat, poultry, legumes, milk, yoghurt, cheese
- Manganese: nuts, dark green veggies, tea, wholegrains, legumes, black pepper
- Copper: nuts, seeds, wholegrains, shellfish, organ meats

We are proud to BRAND LINK with  
Collagro!

