



# Gelatin for Better Health

By: Kelly Drew

March 2015

What **IS** it about Mom's homemade chicken soup?! The age-old tradition of cooking up a batch when we're sick has been passed down through generations and yet most of us aren't even sure we know why it has such magical healing abilities. The secret....it's in the broth! Real chicken broth is chock-full of gelatin, an incredible substance that can be extracted by simmering bones in an acidic liquid. For those of us who don't have the time to make broth at home (it needs to cook for over 10 hours) I've discovered a product that can provide you with the same AMAZING benefits!!

## **Introducing...Great Lakes Collagen Hydrolysate Gelatin Powder!**

A water-soluble gelatin powder derived from the hides of grass-fed cattle.



You might be asking, "So apparently this can boost my immunity but what else is it good for?" First off, gelatin is a necessary source of collagen found in bones, fibrous tissues and organs- parts of an animal that we don't tend to consume as much these days. Therefore, we are missing out on incredibly anti-aging benefits. Collagen has the ability to build connective tissue and regulate cell growth. In fact, it is the largest and most abundant protein within our composition and is a structural material of virtually every part of our bodies!

As we age, collagen production declines - skin begins to sag, thin and weaken, becoming drier and less resilient. Supplemental collagen can greatly help to tone and thicken 'crêpe-y' skin as well as help to strengthen hair and nails. We have so many women coming into the shop looking for collagen-boosting products and this gelatin is the perfect remedy (much more efficient than collagen skin creams, by the way).

Deterioration of our collagen production is directly linked to a decrease in amino acid content- which gelatin can also help to replenish! In my opinion, glycine and glutamine are two of the all-star amino acids. The benefits of glycine include reducing inflammation, wound healing and enhancing gastric acid secretion (to properly digest proteins). Glutamine assists with lean muscle production and the healing of gut mucosa.

These aminos are essential to healing our digestive system....a bodily function underlying our absorption of ALL nutrients that we can obtain from food. I cannot stress enough how important the state of our guts are.

Another incredible repair function of collagen is its ability to build cartilage. It can also replace synovial fluids between the joints, decreasing arthritis, joint pain and working to prevent osteoporosis. Since our ability to produce supporting connective tissue diminishes in our late 20s supplementing with collagen can truly help to preserve our mobility and agility.

From a practical standpoint, Collagen Hydrolysate Gelatin is also incredibly easy to use. Since it's water-soluble, it will not cause liquids to gel, so it can be mixed into beverages or soups (and it's tasteless!). My favorite way to use it is to add it into my morning cup of coffee- try this simple recipe for an AMAZING, satisfying and nutritious frothy vanilla "latte"! (Take my word that it will give you **much** more sustained energy than your plain cup 'a joe).

8-12 oz brewed coffee

1 tbsp. Collagen Hydrolysate Gelatin

1/2 tbsp. coconut oil

1/2 tbsp. grass-fed butter

1/4 tsp. vanilla extract

Mix all for 10-15 seconds with a hand blender and enjoy!!!

**To summarize, Collagen Hydrolysate Gelatin can assist with:**

- ~**building connective tissue and regulating cell growth**
- ~**toning and strengthening hair, skin and nails**
- ~ **improving digestion**
- ~**decreasing arthritic and joint pain**
- ~**helping to keep you satiated (this product is composed of 90% protein)**

Stop by the shop and pick some up today!

I am **SO** excited about this product and will be more than happy to talk to you about it!

Here's to radiant skin and being able to play on the floor with your great grand kids ☺

In love and wellness,

Kelly