**Why Collagen Is the New Buzzword Among A-Listed Celebrities?**

**What Is Collagen?**

Collagen is nothing but one of the most abundantly found protein in the body. It is found primarily in the tissues of the blood vessels, digestive system, bones, muscles, and tendons. Collagen is made up of three important amino acids, namely proline, hydroxyproline, and glycine.

**Different Types of Collagens**

* **Type I**: It accounts for a major part of the collagen of your body. It aids the structure of the teeth, tendons, bones, skin, and connective tissue.
* **Type II**: It is found mainly in the cartilage that cushions the joints.
* **Type III**: It aids the structure of the arteries, organs, and muscles.
* **Type IV**: It is primarily found in the different skin layers.

**Nutrition Facts About Collagen Powder**

Fourteen grams of collagen peptide is estimated to contain the following nutrients:

* Calories: 50
* Carbohydrates: 0 grams
* Fiber: 0 grams
* Fat: 0 grams
* Sugar: 0 grams
* Protein: 12 grams

**Why Are Collagen Supplements in The Trend?**

As you age, your body tends to change and this is very natural. With age, old collagen breaks down at an increased rate, while the production of new collagen either remains the same or decreases. This leads to the appearance of wrinkles, muscle and bone ache, and many other health conditions.

Many intelligent studies conducted in recent times have brought to light that taking **collagen supplements** replaces lost collagen in the body, slowing down ageing, repairing skin texture, promoting joint health, and aiding many other conditions.

Thus, **collagen supplements** have gained a lot of hype recently, with the dietary collagen market growing rapidly. From celebrities across the globe to common people, all are ditching their real age with tight supple skin and healthy bones and hair.

**What Causes Collagen Loss**

* **Age**

Once you reach your early 20s, the rate of collagen production in the body starts deteriorating. This loss of collagen speeds up even more right after menopause. According to studies, when you’re young, the body produces more collagen than it breaks down. However, as you age, there is a decrease in tissue regeneration and the body fails to maintain this balance.

* **UV Exposure**

A number of studies done in the past have brought to light that there is a strong connection between UV exposure and collagen loss. UV light is believed to adversely affect the collagen structure through different mechanisms. Exposure to UV rays can modify the DNA of the collagen-producing cells and directly affect collagen through oxidative stress.

* **Stress**

Stress can be pro-inflammatory for your body, reducing your natural ability to produce collagen. Stress also triggers the production of certain hormones like cortisol, which tends to decrease collagen production.

* **Smoking**

It is a matter of fact that smoking leads to premature aging. This happens as smoking affects the level of collagen in the body. Tobacco smoking reduces oxygen supply to the tissues, preventing them to regenerate. Furthermore, the oxidative stress in tobacco smoke is likely to cause premature wrinkles and facial lines.

* **Genetics**

Genetics is key parameter in deciding the amount of collagen the body generates and breaks. Hence, if your ancestors had tight and supple skin for years, chances are there that this will be same for you as well. Having said that, you also need to take the right diet, be safe against UV protection, and do proper stress management.

**Surprising Benefits of Collagen**

* **Collagen Helps Improve Skin Health**

As you age, the collagen production in your body decreases, resulting in dry, wrinkle-prone, saggy skin. It is a matter of fact that collagen works wonders for your skin. It plays an important role in strengthening the skin and boosting elasticity. **Collagen supplements** also hydrate the skin, improve its texture, and reduce wrinkles.

* **It Can Prevent Bone Loss**

The bones are made primarily of collagen, which keeps them strong. As you age both collagen and your bone mass start deteriorating. This, in turn, results in common bone problems like osteoporosis, a condition marked by low bone density.

* **It Can Boost Heart Health**

According to research, collagen minimizes the risk of heart problems. It strengthens the structure of your arteries, which transfer blood from the heart to all the different parts of the body. Significant loss of collagen can cause arteries to become fragile and weak. This can, in turn, result in heart stroke.

* **It Can Enhance Hair Health**

With age, most men tend to go bald, while many women experience hair thinning. As research has it, regular consumption of **collagen supplements** can improve hair quality and promote scalp coverage.

* **It Can Promote Muscle Mass**

Around 10 percent of the muscle tissue is packed with collagen. Hence, collagen is known to help in promoting muscle mass and increases muscle strength. According to research, taking **collagen supplements** triggers synthesis of muscle proteins and promotes muscle growth after workout.

* **It Can Relieve Joint Pain**

Collagen maintains the health of the cartilage that safeguards your joints. With the decrease of collagen in the body, your chances of acquiring degenerative joint disorders increases. As studies have it, taking **collagen powder** help decrease joint pain, reduce inflammation, and aid symptoms of osteoarthritis.

**Best Ways to Promote Collagen in the Body**

* **Vitamin C**

One of the most popular vitamins, Vitamin C plays a critical role in safeguarding the skin and promoting the production of collagen in the body. Many skincare products available in the market contain vitamin C and that is for a good reason. Since the body does not produce vitamin C on its own, you can take it in the form of supplement or natural foods. Some of the best natural sources of vitamin C include papaya, broccoli, leafy vegetables, and strawberries.

* **Ginseng**

Having been used as a conventional medicine, ginseng triggers the level of collagen in the body. According to research, ginseng has the ability to prevent the aging of skin cells. It is available in the form of supplements, tinctures, and tea.

* **Cashews**

Cashews are very filling and an amazing snacking option. Packed with copper and zinc, these nuts trigger the natural ability of the body to produce collagen.

* **Egg Whites**

Though eggs do not have connective tissues, yet egg whites have a rich content of proline. According to research, proline is an amino acid, which is known to trigger the production of collagen in the body.

* **Fish and Shellfish**

Just like other animals, the ligaments and bones of fish and shellfish also contain bountiful collagen. According to research, marine collagen is easily absorbed by the body. Hence it is important to include fish in your diet. Having said that, higher collagen is found in the skin, eyeballs, and head of the fish rather than in the meat.

* **Bone broth**

Bone broth is prepared by simmering animal bones in water, a process that extracts collagen. The broth is then seasoned with flavorful spices for taste. Bone broth is packed with a number of essential nutrients, including calcium, phosphorous, amino acids, magnesium, chondroitin, glucosamine, and of course collagen.

* **Hyaluronic Acid**

Hyaluronic acid is known as an essential collagen-booster. You can take your requirement of Hyaluronic acid through natural food or in the form of supplements. Some of the best natural sources of hyaluronic acid include soy, beans, and root vegetables.

* **Aloe vera Gel**

Aloe vera gel has been in use for the treatment of rashes and sunburns. According to various studies conducted in the past, aloe vera gel triggers the production of collagen and hyaluronic acid. It is even known to reduce facial wrinkles.

* **Antioxidants**

Antioxidants help in protecting the body against free radicals, which are molecules that tend to cause harm to the body. Though all antioxidants do not promote the production of collagen, they help the natural collagen of the body to function properly. Some of the best natural sources of antioxidants include:

* Blueberries
* Coffee
* Cinnamon
* Pomegranate
* Green tea
* Astragalus
* Oregano
* Basil
* Basil
* Thyme essential oils

**Other Tips to Fight Against Collagen Loss**

* **Change Your Lifestyle**

A number of lifestyle choices are likely to adversely affect your skin. Here are some of the important lifestyle changes you need to consider making in order to prevent collagen loss:

* Stay away from pollution.
* Avoid smoking tobacco.
* Avoid taking caffeine-rich foods like coffee, tea, and soda.
* Keep away from UV rays and use a sunscreen with good SPF.
* Avoid taking stress.
* **Avoid Certain Foods**

Avoiding certain foods can possibly aid collagen loss. One of the key things to keep away from are carbohydrates and sugar. These cause inflammation, which, in turn, can adversely affect collagen. You can rather take protein-rich plant and animal foods and mineral-rich vegetables and fruits.

* **Get Professional Attention**

There are many professional skincare remedies that can aid collagen loss. Some of the frequently availed professional services for collagen boost include:

* Red light therapy
* Microdermabrasion
* Laser resurfacing
* Chemical peels

**How to Supplement Collagen?**

**Collagen supplements** come in the form of powder and can be incorporated into foods very easily. You can add **collagen powder** to your soups, baked goods, milk, and smoothies or simply mix it in water and consume directly. These supplements are also available in the form of pills and can be taken as per the directions of your physician.