

# LIVING YOUNG

## Center for Health & Anti-Aging



### ways to grow more *collagen*

Collagen is the “glue” that holds the skin together, giving it elasticity and strength. As we age, the body makes less and less of this vital protein. Without sufficient “glue,” the skin thins and sags, wrinkles form and cell structures lose their strength. We begin to look old.

But all is not lost. It is possible to stimulate the production of new collagen and that is good news not only for your appearance but also for your ligaments, tendons, bones, eyes, and blood vessels all of which are very dependent on collagen for healthy operation. This article addresses 5 different ways that you can grow more collagen:

1. IPL PhotoFacials
2. Dermal Fillers
3. MicroNeedling, Peels and Microdermabrasion
4. Topical Creams
5. Diet



#### Grow More Collagen with IPL PhotoFacials

**1** Research has shown that the Intense Pulsed Light used for PhotoFacials stimulates the body to produce more collagen. How? The light bypasses the outer layer of the skin and gently heats the cells in the deeper layers. These cells, called fibroblasts, are stimulated into activity, producing more collagen. Studies that look at the microscopic changes in the skin after IPL treatment not only corroborate that there is an overall increase in collagen, but also observe that the collagen fibers are more neatly arranged (as opposed to disordered and fractured as in photo-damaged skin). To receive optimal results from IPL PhotoFacials, a series of 4 treatments is recommended, spaced about 3 weeks apart. This allows several different layers of the dermis to be targeted over the course of treatments, at the end of which your collagen is not only growing, but thriving.

#### Grow more collagen with Dermal Fillers

**2** Many people get Dermal Fillers for the primary purpose of softening those nasolabial folds, filling in those vertical upper lip wrinkles or to camouflage chin lines. Most are happy enough with these results, perhaps never realizing that Dermal Fillers containing hyaluronic acid go right to work under the skin to encourage collagen production. According to a study published in the *Archives of Dermatology*, “hyaluronic fillers restore the structure of damaged skin by stimulating the production of collagen.”

It looks like the hyaluronic acid is key. Although it is found in nearly every cell in the body, its highest concentration (nearly 50%) is in the skin. It is found in the deep dermal areas as well as the visible epidermal top layers. The hyaluronic acid provides continuous moisture to the skin because it is a water-loving molecule that can bind up to 1000 times its weight in water. Young skin is full of it, which keeps the skin smooth and elastic. Aging skin produces less hyaluronic acid. Therefore when it is injected with a Dermal Filler that is made up of hyaluronic acid, the skin once again is deeply moisturized which activates collagen production.

Of our dermal fillers, Belotero and Juvederm are made of hyaluronic acid. Consider one of these fillers if your goal is to help more collagen grow while your watch your wrinkles shrink.

## Grow more collagen with regular Skin Treatments

**3** Here's something that our medical esthetician here at LivingYoung, wishes everyone knew: that regular chemical peels, microdermabrasions and HydraFacials are fabulous ways to encourage collagen growth. These treatments exfoliate dead skin cells, and as we have seen, whatever increases skin cell turnover stimulates collagen production.

In addition, we are pleased to offer microNeedling, a skin therapy proving to be extremely efficient at increasing collagen production. In this treatment, the Eclipse Micropen creates a series of controlled micro-injuries in the skin. As these heal, the dermis around the injuries thickens reducing the appearance of fine lines, and the body responds by creating more collagen and new capillaries. The micro-channels created by the treatment also allow topicals to penetrate into deeper layers of the dermis where they can do the most good. Microneedling with PRP (platelet-rich plasma) uses a patient's own plasma to utilize the outstanding healing properties of blood. PRP takes microneedling to the next level.

No matter which of these skin treatments you choose, you will definitely notice results. But the secret is that the benefits are cumulative ... the more regularly you have these treatments, the better results you will see. That's because the collagen is regularly being stimulated into activity.

### How to Keep The Collagen You Have

Always wear sunscreen even for incidental sun exposure. The sun speeds up the breakdown of collagen. Be sure to get plenty of Vitamins A, C and E, great antioxidants that neutralize the free radicals sun damage causes.

## Grow more collagen with Topicals

**4** In every women's magazine you'll find ads for anti-wrinkle creams and anti-aging lotions, all claiming to promote collagen production. Do these products work? Yes, some of them do. The key is in the ingredients. It's worth your time to read labels, ask questions and know what ingredients you should be demanding in your skin care products. Here's what to look for if you'd rather get results than waste money on ineffective products:

- **Creams containing Retinol, Retinoid or Retin-A.** These are different names for chemically similar retin products. Retin speeds up your skin's ability to turn over old skin cells and produce new ones. These creams work on the layers of skin where new cells are formed and where collagen gives your skin the support and firmness it needs to appear young and wrinkle-free. By increasing skin cell turnover, retinol stimulates collagen production.
- **Prescription creams containing Tretinoin.** Because these prescription-strength creams are stronger than OTC creams, they can do a better job at replenishing collagen.
- **Creams containing copper peptides and Vitamins A or C** have also proved to increase collagen production.

Remedy is LivingYoung's own line of skin care products. The Remedy products listed in the sidebar at left all contain ingredients that stimulate collagen production. You can't go wrong.

## Grow more collagen with the right diet

**5** Collagen is a protein made up of amino acids and two of those – threonine and proline in particular – are necessary for collagen production. The body cannot make threonine on its own; it must come from food or dietary supplements. Make sure your body has this essential building block by including in your diet Threonine-rich foods such as lentils, peanuts, eggs, milk, pork, beef, chicken, soybeans, and asparagus.

Although the body can produce its own proline, you can give it a boost by eating foods such as gelatin, soy, milk, cheese, beef and cabbage. Foods high in vitamin C such as oranges, lemons and limes are also necessary as vitamin C works synergistically with proline to promote collagen production.