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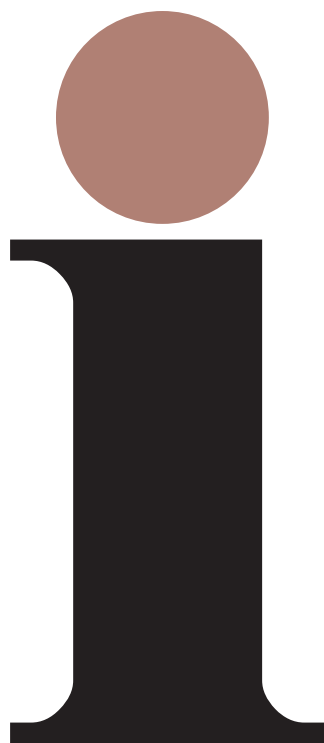
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BEST YEAR YET



CALLING ON COLLAGEN



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Photographed by Meadow Rose
Model Alessa Valenzuela
Hair & Makeup By Leah Rose Washuta
Manicure by Aqua Skin & Nail Care using LVX in French Rosé

I can't be the only one wondering how to look younger than my years. To get to the bottom of rumors regarding collagen, I meet with Dana Remedios, Registered Nutrition Consultant Practitioner for Flora, a natural health company.

Collagen supplements, vitamins and beverages are all the rage but how does collagen actually help hair grow, keep skin glowing and strengthen nails? Dana explains that collagen on its own is not sufficient for hair and nail growth because it supplies only amino acids for collagen production, but we need amino acids plus nutrients (namely vitamin C and silica) to build collagen.

Our bodies create over 12 types of collagen, some of which is very hard, creating cartilage and tooth enamel, while

others are flexible and used elsewhere in the body including blood vessels. The combination of silica, collagen (which is a good source of amino acid proline), and vitamin C in the Florasil supplement allows your body to build its own collagen from the ground up, helping support the growth of flexible nails, healthy skin, connective tissues, joints, and bones—an unbeatable list of benefits!

Further, Florasil taken in conjunction with Flora's Acerola Powder (the richest plant source of vitamin C) also aids the body in creating its own collagen. Acerola cherries pack an antioxidant punch helping to maintain a healthy immune system. Healthier and more youthful looking? I'll take it.

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