

EZYHEALTH

JULY 2014

www.ezyhealth.com



Medical Express
Finding the Right Fit
Pedorthist Owen Oo tells us how to choose our shoes

Must Read!
THE TRUTH ABOUT ADHD

BALANCE THAT SALAD!

6 GREAT APPS FOR GETTING FIT

"Miracle Water"
For Your Health and Beauty

Vitamins Guide
Vitamin D



Health ISSUES

LASER THERAPY -
How Vaginal Tightening Works

7 WAYS TO FIGHT THE FLU

Treating Lazy Eyes Before It's Too Late

Like us for exclusive giveaways!

Jamie Neo
All Grown Up and Loving Life

SS 3.80
ISSN 20104421
9 772010 442002





Collagen Remedy

It is widely used in skin, bone, and other tissue regeneration

by Dr Lynn Chiam

COLLAGEN IS THE most abundant protein found in mammals, including us, humans. It makes up 25% to 35% of the protein in our bodies, and it is not just found in the skin. Collagen is found in tendons, ligaments, cartilage, muscles, bones, blood vessels, the gut, the intervertebral discs. There's quite a lot of it in our corneas and, of course, in the skin.

The name collagen comes from the Greek word 'kolla', meaning glue, and the suffix '-gen', which denotes producing. This is appropriate as collagen literally holds cells together and connects different parts of the body. Of course, the ancient Greeks didn't know that. They knew collagen as glue derived from boiling the skin and sinews of animals until they broke down into a sticky goo. Collagen adhesives were being used by our hunter gatherer

ancestors at least 8,000 years ago and are still preferred today over modern synthetic plastic adhesives for making the best quality guitars and violins.

Medical Uses for Collagen

Collagen has a very strong molecule with a triple helical structure which prevents it from being broken down by enzymes and allows other cells to adhere to it. For this reason and for its pore structure, permeability, and hydrophilicity, it makes an ideal extracellular matrix or scaffold. It is widely used in skin, bone, and other tissue regeneration.

It is used as a natural wound dressing because it is resistant against bacteria, helps to keep the wound sterile because of its natural ability to fight infection, and forms a matrix to guide

and attract the body's own cells to heal the wound.

Both human and bovine collagen have been used as dermal fillers for treatment of wrinkles and skin ageing, although hyaluronic acid (AH) fillers are more often used now.

Oral Collagen Supplements and Topical Collagen Creams

In recent years, numerous collagen supplements have been marketed to relieve the symptoms of rheumatoid arthritis and osteoarthritis, usually with hydrolysed type II collagen and often mixed with chondroitin sulphate, and sometimes hyaluronic acid.

Type II collagen is the kind found in the articular cartilage and hyaline cartilage that coats the surfaces of our