



Clean + Sexy May 2017 Group Call BONUS

Collagen: The Secret to Feeling, Looking and Living Younger

As Clean + Sexy Beasts, we all know that the real secret to outer beauty is inner health so exploring collagen and foods that boost healthy complexions and skin elasticity are natural ways to support the youthful glow.

Facts:

- Collagen is rich in anti-oxidants, lowers blood pressure and improves bone density, skin, hair and nails.
- Collagen is a fibrous protein that's a key component of your skin because it helps keep it youthful and resilient as well as lubricate your joints and aid digestion. It's also packed with "nonessential" amino acids that are actually pretty important in keeping the body functioning smoothly, like sleep-boosting glycine, as well as the skin, namely proline and hydroxyproline.
- As we age, collagen starts to break down so supplementing with oral collagen peptides significantly increase skin hydration after 8 weeks and boost collagen density in half that time. [Read research review.](#)

Drink your collagen:

- The ingestible collagen craze started long ago in Asia. In the US, the bone broth trend exposed many to the idea of drinking collagen. Now many companies are rolling out supplements featuring protein.
- Sipping collagen, rather than applying it topically or injecting it, provides the entire body with the building blocks it needs to support the creation and repair of the body's connective tissues, a process that starts to break down once you hit your mid-20s, early 30's. Providing your entire body can help kick start production again.



Replace your morning coffee with a collagen “latte”:

Vanilla Coconut Matcha Tea Latte

Ingredients

- 1/2 cup unsweetened coconut milk
- 1/2 cup unsweetened almond milk
- 1/2 cup boiling water
- 1 teaspoon matcha tea powder
- 1/4 tsp. vanilla extract (or almond extract)
- 1 tsp. ground cinnamon

Directions:

Warm milk in a small pot over medium heat. Stir occasionally.

While the milk is warming, boil water. Place matcha tea powder in a mug, and pour the boiling water over the tea. Mix thoroughly, blending out all of the powder clumps. Set aside.

Once the milk is warm, pour into milk frother, and froth to your liking. Add vanilla and stir.

Pour the frothed milk over the matcha in your mug and stir gently a few times. Top your matcha tea latte with cinnamon and enjoy!



Make a Vegan “Bone” Broth:

Makes about 3 quarts

Ingredients

4 tablespoons olive oil
2 cups celery, finely chopped
1 cup beets, sliced thinly
Small handful of dried wakame reconstituted in a bowl of water
4 cups chopped spinach and kale
2 tablespoons tamari
¼ cup organic light miso paste
¼ cup fresh parsley, chopped
12-16 cups of water or veggie broth

**optional: 1/2 chunk of fresh turmeric, finely chopped, 1 cup chopped onion and 1-2 cloves garlic minced.*

Directions

In a large stock pot, sauté celery in olive oil over medium-low heat. (If you’re adding turmeric, onion and garlic, add them now).

Once celery is tender – about 5 minutes – add beets, water or veggie broth and tamari. Increase heat to medium and cover the pot.

Drain the excess water off of the wakame and add it to the pot. Bring to a near boil and reduce heat to low, letting broth simmer for about 45 minutes. Add spinach and kale, parsley and miso paste, stirring until miso dissolves.

Strain off vegetables and use broth or serve with veggies for a light soup.

Traditional bone broth is simmered for as long as 24 hours. If that long cooking extraction method speaks to you, these ingredients (except for miso paste) can all go into a slow cooker. Once the broth is ready, add miso paste just before serving.



Recommended Collagen and Complexion Brands:

- Fountain's Phyto-Collagen Molecule (L-Glutathione, hyaluronic acid (moisturizing), phytoplankton)
- Reserveage (vegan supplements, drink mixes/powders- contains Vitamin C (skin-brightening), hyaluronic acid and peptides)
- Moon Juice Beauty Dust (peal and goji ingredients)
- The Beauty Chef Glow Inner Beauty Powder (probiotics)

Collagen-Boosting Foods:

- cucumber
- seaweed (spirulina is easy to add to smoothies)
- kale
- pumpkin seeds
- chia seeds
- lemon
- sauerkraut (fermentation is great for skin!)- use ACV instead if you wish

Extra Tips:

- Consider adding maca to your supplement regimen. It has been shown to raise estrogen levels and reverse anxiety, depression, and low sex drive.
- Take vitamin C, approximately 1,000 mg per day.
- Consider a high-quality fish oil supplement of 2,000 mg per day, plus gamma linoleic acid, 2,000 mg per day.