Collagen 101 class

Welcome to the Collagen class!

I am excited that you are here, and ready to grow and learn. The information in this class will put an incredible tool in your hand to fight wrinkles and the aging of your skin: collagen!

There are so many collagen products on the market—but just as with any food, not all collagen is created equal.

Young Living's Seed to Seal promise is one of the reasons this is the only collagen I will use. I cannot wait to tell you about what this will do for your face and skin!

With one scoop of Young Living Inner Beauty Collagen a day, clinical studies have shown you'll see results in 3 weeks.

Special thanks to Young Living Diamond Sarah Harnisch for compiling this educational class! The information here will help you learn everything you want to know about this amazing new product from Young Living.

Here are a few things to remember as we go through our class:

••I am not a doctor. I am not here to diagnose, treat, or cure any of your illnesses. The content covered is for informational purposes only and not been evaluated by the FDA. These products are not intended to diagnose, treat, cure, or prevent any disease.

•Please do not ask for medical advice or make claims that essential oils have cured some medical problem for you. We are not permitted by law to allow those to appear in this classroom.

Why you need collagen?

Let's start at the beginning: why do you need collagen?

Give Yourself a makeover from inside out

Click to watch this short 47 second Video to learn how.

https://www.youtube.com/watch?v=ILNmD79hMmQ

What is collagen

Maybe it's genetics. But it's more likely that you're changing the aging process by taking supplements daily. Does collagen really change your skin? YES. Collagen is a type of protein found in all living things. It is the most abundant structural protein in humans that makes up the framework of your cells and tissues. It's what gives strength to your skin, bones, tendons, organs, teeth, muscles and blood vessels.

It gives skin its elasticity. In humans, it makes up 33 percent of all the protein in the body.

It helps your nails grow long and your hair grow strong and soft, with no breakage. (That includes the hair on your legs! Many have complained they have to shave their legs more often when they take collagen!) It also helps your joints move more smoothly and strengthens your bones and muscles.

Other Benefits of Collagen

* slows the formation of lines and wrinkles

* improve skin's ability to absorb and maintain moisture

* reduces skin pigmentation or darkening (#1 sign of aging)

* improves skin elasticity, firmness, texture, density and thickness

* encourages skin cell rejuvenation

* improves wound healing time

* reduces cellulite

* repairs damage from the sun's gamma and UV rays

* supports the stomach lining and renewed gut health

* And it improves nail strength and growth!

Are there any studies to back collagen claims?

Yes! Dozens! A 2018 placebo-controlled marine collagen trial found women had improved skin structure and elasticity. In a 2020 study with a quarter of the Young Living dosage, people taking collagen daily had 31 percent increased hair growth and thickness. A 2019 study found collagen helped you build and keep muscle mass. A 2017 study showed it helped prevent artery stiffness and helped to prevent artery disease.

Collagen for joints?

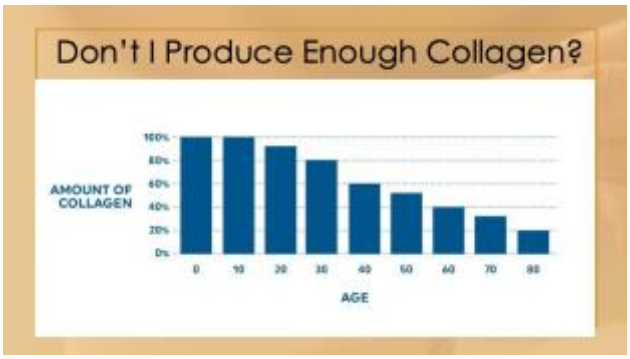
What If I Want Collagen For My Joints, Too?

Then you want some of the other products Young Living has created with Type 2 Collagen: BLM and Agilease. Those are WONDERFUL for joint health!

But for your skin, stick with Type 1: Inner Beauty Collagen.

Side effects?

The FDA says most people tolerate collagen supplements well and it has a good safety profile. Young Living's collagen is marine based, meaning it comes from the scales of fish. There are no shellfish used. But if you have an overall fish allergy, then I would stay away.



Does my body produce enough collagen?

The reasons collagen supplements are so popular (you can even find them at Walmart!) is because the body's collagen production takes a hit by the time you're 30 years old. That means you should start supplementing collagen in your 20's, and continue well into your 50's, 60's, 70's and beyond.

Even mature skin can benefit from extra collagen. I have noticed some improvements in my skin since I started to use Inner Beauty Callagen. Collagen production continues to decline by about 1 percent every year after age 30. That means by age 50, your collagen levels have been slashed in half.

Your skin is starting to show its age. What if you could slow it down?

Low Collagen Levels, oh my!

Low collagen levels mean saggy skin, fine lines, forehead and eye wrinkles, turkey neck, achy joints, bone-on-bone pain, arthritis, an irritated gut, and more.

Robin Foroutan, an integrative medicine dietician at the Morrison Center in New York City says, "By the ripe old age of 25, collagen production falls off a cliff in our body." Even if you're eating collagen rich foods like meat, fish, and quinoa, your body will have trouble using the protein to make collagen. It makes sense to look for absorbable ways to add it back into your diet, through supplementation.

History of Collagen

Two thousand years ago, collagen levels were replenished by eating the skin, organs, and simmered down bones of animals: the bone marrow.

The most common way of getting collagen into the body was by eating boiled bones (bone broth) of cattle, horses, pigs, and rabbits. Not many people are eating broth daily. And because of that, we're showing our age.

Many have asked if you can simply eat broth and get enough collagen. If you were eating it at the same levels (daily, sometimes twice a day) as our ancestors, then likely yes. But because not many of us are making freshly cooked broth daily or sucking the marrow out of bones, we need to supplement.

Young Living makes it simple

It's simple to add more collagen into your body. **Scoop, mix, drink.** In this class, you will find out how to see changes in your skin IN ONLY THREE WEEKS. In fact, I'm so confident in your results that I want to see your before and after pictures! I encourage you to take a 21-day collagen challenge to prove it to yourself.

You can add collagen to your smoothie, to your juice, your yogurt, applesauce, tea, or even soup. I'll give you a recipe at the end of class for you to have some fun!

In Young Living terms, we call our collagen "Inner Beauty Collagen", because we make products designed to heal the gut so you see true changes to your skin.

You are literally healing from the inside out.

What makes us different? We don't fill our products with ingredients that your body needs to purge. Our ingredients—every single one from the top to the bottom of the label -- strengthen the body.

One scoop gives you 5 grams daily. Two scoops of this flavorless powder give you 10 grams of collagen; the recommended dose to see changes in your skin.

Should you do one or two scoops? Either! Two scoops will work faster, so I put two i n my morning smoothie. In 30 seconds a day, you can embark on the best skincare routine of your life!

Easy to use

Collagen in powder form is very simple to use. Add 2 scoops to anything: smoothies, almond, cashew, coconut or oat milk, applesauce, yogurt, oatmeal, energy balls, juice, soup, coffee, or tea.

Collagen does not lose nutrients when it is cooked on a stovetop, but it may lose some benefit if you bake it. It starts to break down at 296 degrees Fahrenheit. Coffee is 205 degrees, so you're safe mixing it in that.

Young Living's powder is also odorless and tasteless. Add it to pancakes, eggs, taco meat, or anything you are making on the stove. It also pairs well with our powerhouse antioxidant drink NingXia Red, as well as Ningxia Nitro, vegan PowerMeal, Golden Turmeric, or our lemonade-flavored AminoWise for sore muscles.

Collagen Purity & Sourcing

Let's talk purity and sourcing! All collagen comes from an animal source. There are usually two categories of sources: farm-raised animals and wild-caught sources. Collagen can come from cows, pigs, chicken, or fish.

Wild-caught marine collagen, like Young Living's, is the purest form of collagen with no toxic ingredients. Our marine collagen does NOT come from shellfish.

In fact, every single ingredient in our collagen is traced all the way back to its source. That's what our Seed to Seal promise means.

Every Ingredient matters

Personal Care Product Portfolio Director David Thieme (theme) tells us more:

We guarantee that our beauty and personal care products will never contain trace levels of harmful, toxic ingredients like talc, bismuth, parabens, phthaleates, petrochemicals, nanoparticles, and synthetic fragrances, colorants or fillers.

Is store bought collagen any good?

Not sure if you should switch out your collagen? A study of the 28 best-selling collagen peptide supplements by the Organic Consumers Association found that:

-64 percent tested positive for measurable levels of arsenic

-37 percent tested positive for measurable levels of lead

-34 percent tested positive for trace levels of mercury

Young Living collagen has 0 levels of arsenic, lead, or mercury.

Reading Collagen Labels

If you are already using another brand of collagen, I'd challenge you to do a side-by-side label review to make sure it's truly good for you.

When reading collagen labels, it's important to look for a few things.

In a moment, we will compare Young Living with a top collagen brand.

Ingredients listed are by dominance, with ingredients used in the greatest amount first. Our first ingredient: fish collagen peptides.

Your first ingredient in any collagen source should always be collagen. Their first ingredient is apple juice concentrate — sugar.

The 2 grams of sugar negate the body's ability to absorb the 3.6 grams of collagen, which means you're actually only getting about 1 gram of collagen daily. Also, our collagen features 5 grams per serving and 0 grams of sugar.

Comparing labels side by side

This leading competitor label is also from a cow source, meaning it's Type 2 collagen for your joints — not your skin. Because our Inner Beauty Collagen's first ingredient is marine collagen for the skin and we have no sugar on the label, you're absorbing almost 5 times the collagen.

This competitor product also costs about 10 dollars more than Young Living's collagen.

When you are label reading, look for: sugar. Amount of collagen. Ingredients listed. The order they are listed in.

Filler ingredients. And factor in the price. Then make sure they're sourcing everything correctly so you're not ending up with mercury, arsenic or lead in a supplement you take every single day.

Liquid versus powder

Many have asked if a powdered collagen is absorbed as easily as a liquid collagen can be. When powder collagen is added to any liquid, it turns into liquid collagen. There is no difference between the two: they are equally bioavailable to the body. The serving size of powder collagen is 5 to 10 grams.

The average serving size of pre-made liquid collagen is 4 to 7 grams. So, to obtain the same results, you'd have to take 2 times the amount of liquid collagen, which equates to 2 times the cost.

One more thing: liquid collagen is primarily composed of Type 2 collagen: the kind that doesn't improve your skin.

Collagen is not found in the human body as a liquid, but rather as a microscopic protein—a solid. When broken into tiny peptides in powder form, it is more digestible.

Young Living's powder collagen takes it a step further: powdered collagen sources tend to be more easily absorbed into the gut. Of all the sources out there, marine collagen is so bioavailable that you only need half the grams of cow-based collagen for it to do the same work in your body: 10 grams per serving instead of 20. That is strike 4 for liquid collagen.

Why Inner Beauty Collagen absorbs better

Let's Review Why You'll Absorb More Using Inner Beauty Collagen:

-it's marine based

-it is in powder form that dissolves easily in liquid

-you need half the dosage to do twice the work

-and it's broken into peptides, which are smaller and easier to digest

When to take collagen?

There have been a number of studies done on collagen taken in the morning, afternoon and night — and there was no difference in results.

Collagen works equally well and has the same skin benefits if it is taken as a morning supplement versus bedtime. Outside of probiotics, I like to take most of supplements during the day, because the body can either detox or digest at night. I want my body detoxing at night.

So, I tend to take collagen in the morning. But there is no significant difference taking it at other times of the day.

Detoxing

Your body detoxes best between 10pm and 2am, so it's good to eat your last meal of the day by 6pm so you're done with digestion and can slip into detox mode by bedtime.

Your body can either digest or detox; but it cannot do both at the same time — and it's programmed to detox as you sleep. You can consume collagen during any of your meals.

Hope4Cancer Nutritionist Oscar Pruiz says it's best to consume meals at 8am, 1:30pm, and 5:30pm daily, then intermittent fast with the circadian clock of your body until your 8am breakfast. He says snacking between meals leads to insulin resistance and weight gain. Don't skip breakfast, eat your largest meal at breakfast or lunch, go light for dinner and fast till the morning. It is best to break your overnight fast with protein included in that meal. That's a recipe for weight loss. I love to include Power Meal in my morning breakfast smoothie.

More Science

According to supplements expert and Young Living Crown Diamond Tom Nikkola , "marine collagen peptides come from what was once considered fish production waste products: the head, skin, bones, and scales. They make up about 75 percent of the weight of the fish, and it was tossed aside in the past.

By treating them with acetic acid, we end up with purified proteins called "peptides" that are tiny chains of amino acids.

They are in the perfect form for the body to absorb them and use them to directly repair the skin. 1,310 papers have been published on marine collagen peptides since 1938, with most of the research emerging in the last 20 years.

The studies found marine collagen causes less inflammation in the body than animal collagen and is less likely to be contaminated.

When you look at the science, Type 1 marine collagen also has a smaller molecular weight, so your body will absorb it more easily. Marine collagen also contains a unique combination of amino acids , including hydroxy-proline, glycine, and proline that contain peptides that stimulate the cells in the skin, leading to collagen synthesis. It makes it easier for your body to use.

Researchers found 90 percent of marine collagen is absorbed into the body the first 12 hours after consumption. It's highly bioavailable. It's absorbed 1.5 times better than cow collagen. And it dissolves better in liquids.

Marine collagen peptides are extremely small chains of amino acids that pass from the digestive tract into circulation easily. And that means they get where they need to go to do repairs in your body.

Research study

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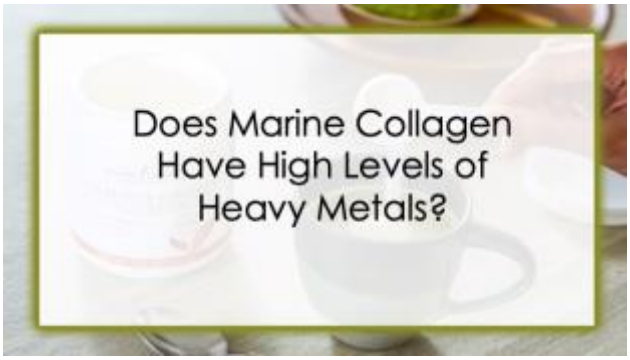
If you are hoping to consume more than 10 grams a day, you would need to gulp down a couple of those liquid versions of collagen drinks to meet the benchmark, which is not efficient or cost-friendly.

Chicken Broth?

Tom Nikkola goes on to describe collagen from another company. He said: "a social media influencer recently stated "this is the best stuff we've found. It comes from chicken sternal cartilage, the closest to our naturally occurring human collagen. It's closest to what generations of humans have made as bone broth, the original liquid collagen.

Your grandma's collagen was chicken, not plankton minnows." She probably has not considered that history goes way back before grandma, and that coastal cultures have made fish broth all along, for thousands of years, boiling the whole fish to get nutrition out of it.

Now, because of advances in modern production methods, we can get a lot more collagen in a powdered form than a boiled soup.



Does Marine Collagen have Heavy Metals

No. Heavy metals are the first thing a reputable supplements company will test for in raw materials. If you are buying a high-quality brand like Young Living, a heavy metal would never pass Seed to Seal testing and be rejected.

Also, small fish, which are typically used for marine collagen, contain lower concentrations of any metals. It's why they are used for making fish oil.

Is Marine Collagen Biblically sound?

In Leviticus 11:3-4, the Bible instructs us that "of all the creatures living in the water of the seas and the streams, you may eat any that have fins and scales." Type 1 marine collagen is made of fins and scales from top-feeding fish, no shellfish like lobsters, crabs, crayfish, scallops, oysters, mussels and shrimp that eat the garbage off the bottom of the ocean floor.

Young Living sources their fish from crimson snapper, saddletail snapper, carp, cod, pollock, tilapia, golden threadfin bream, milkfish, and sea perch. Biblically speaking,

Young Living Inner Beauty collagen is completely sound. It is also Kosher and Halal friendly.

Ingredients in Inner Beauty Collagen

Young Living started with a unique combination of amino acids, that are distinct peptides that stimulate the cells in the skin. Our collagen is also made of biotin, hyaluronic acid, antioxidants, and ceramides derived from Japanese peaches. Japanese peach ceramides increase ceramide production in human skin, which decreases skin dryness and supports the dermal layer after UV-induced sun damage.

Studies found better skin texture with peach ceramide usage.

Every ingredient in our collagen is an active ingredient. Young Living does not use any fillers.

In addition to marine collagen peptides, this formula features hyaluronic acid, which helps to hydrate the skin. Tapioca root is prebiotic fiber, which helps support healthy skin by balancing the gut microbiome. For those on strict auto immune diets, only the fibers (not the starches) are taken from the root system of the tapioca plant, so your gut can handle the way this is processed! To top it off, there is biotin, Vitamin C, non-nano zinc, and superoxide dismutase, a powerful antioxidant.

The ingredients are INCREDIBLE. Every single one nourishes the gut and strengthens the body.

How Does It Taste?

Young Living uses a proprietary hydrolysis process that deodorizes our collagen with fermentation. That means there is no odor and no taste. That is really good when you are making it from fish!! Then after that, there's a granulation process. That helps the collagen dissolve in water well, without clumping.

To recap: it's odorless. Tasteless. And it does not clump in water or any liquid when you mix it.

Because it is unflavored and unsweetened, you can add it to anything, and it will not affect the flavor of what you are consuming.

Let's hear a bit more from one of the head scientists that formulated our Young Living's Inner Beauty Collagen: *Alejandra Castellon.*

More science

Come hear direct from Alejandra Castellon, MSc Sr. Manager Product Development - Nutrition at Young Living Essential Oils as to why Powder Collagen was preferred, and why Marine Collagen is the one you want for skin.

Reduces Appearance of Fine Lines and Wrinkles.

Video length: 8 minutes 19 seconds

Click this link to view the video: https://www.youtube.com/watch?v=rCkp9N4sGEY

How Much Collagen Do I Need to See Results?

5 grams a day to see changes in your skin, and 10 grams a day for stronger skin rejuvenation. That is two scoops daily, or 2 jars of Inner Beauty Collagen a month. Each jar has 25 servings.

Our third-party testing with a control group revealed measurable, visible results in skin texture, fine lines and wrinkles in 21 days, but our scientists recommend you continue taking pictures of your skin for 8 weeks, or two months—to see the full results on your skin.

If you are on a budget, you can skimp on the scoop each day to stretch the 25 servings to last the entire month and still get it every day! I am all about stretching those wellness dollars. How about you?

Take a 21 Day challenge

It is time to start the Inner Beauty Collagen challenge. Here is a calendar for the challenge. You can creatively get collagen in your diet, or you can pick a single recipe that you love and do it all 21 days. Pop this calendar on your fridge, take your before photo while you wait for your Inner Beauty Collagen to show up, and check the boxes every day that you take your collagen. Snag a great "after" picture 21 days later and a third picture at two months. This is self-care that shows!

Do you want to see some real-life before and after pictures of this amazing collagen? These are the Young Living Diamonds, and their very first pictures… 21-day results!

Before & After Examples

Results don't lie!

How do I get it?

Simply go to youngliving.com. Type "Inner Beauty Collagen" in the search bar and add it to your cart. I recommend that you sign up for Loyalty Rewards right away, because you'll get 10 percent back in free points.

After 3 consecutive months, you get 20 percent back in points to use for more Young Living products. After 25 consecutive months, you get 25 percent back in points to spend. So, make sure when you check out, you do it on Loyalty Rewards, and not the shop button. Loyalty Rewards is our way of saving you the most money.

You will want collagen every single month! At checkout, it will ask you for a sponsor and enroller number. My number is 752224. When you order with my number, you you get access to my 23 years of knowledge and experience. THANK YOU! That's it! You're now a Young Living customer/member on my team, and I'm here to take good care of you.

I would recommend that you start with 2 bottles of Inner Beauty Collagen so you can get a wholesale discount at Young Living. Any order over 100pv (about $100 dollars) will qualify you for 24 percent off the retail price. There is no yearly membership and there are no fees to be part of Young Living. Simply spend 100pv once a year (a single jar of collagen) and your discount will stay active.

The retail price of Inner Beauty Collagen is $85.20. But if you get two today and earn a Wholesale discount, the cost is only $64.75. That discount applies to everything on the Young Living website: if you choose to get clean makeup, shampoo, cleaning supplies–you get 24 percent off for life. That's in addition to the 10 percent off for ordering on Loyalty Rewards.

Here's a customized shopping link for you: https://www.myyl.com/jperaaho?share=inner-beauty-collagen-bundle#bwm/inner-beauty-collagen-bundle

It is the best discount program out there; and it's why I order most of the items from myself instead of getting them at the store. I trust the ingredients, because the Seed to Seal purity standard doesn't just apply to collagen: it applies to everything on the Young Living website.

As an added bonus for new customers, when you start out ordering using Loyalty Rewards, and make sure your second month's Loyalty Rewards order is at least 50PV, Young Living will send you a free diffuser! Isn't that great?

DIY Bath Bombs

Here's a fun DIY recipe from Young Living

Video Length: 1 minute 25 seconds

Video Link: https://www.youngliving.com/blog/diy-geode-bath-bombs/#

Digging deep into the Science of Collagen

Here'e a bonus video to help you take a deep five into the Science of Collagen with Dr. Oli Wenker.

Dr. Olivier Wenker made a great video about the science of how adding collagen to your diet will change the structure of your skin. Watch this!

Video length: 29 minutes 12 seconds

Video Link:

https://www.youtube.com/watch?v=-ToiY8e7Es0

Thank you for coming to our Collagen 101 class!

Please reach out to me with any questions you have. Joyce@ShareScents.com

Be sure to come back regularly to check out the oily education I will be adding at least once a month! I am here to help you.

Thank you for being here and thank you for fighting for YOU. Not many of us take the time for self-care. I would love to see your before and after pictures!

Now, you can do it in 30 seconds–and a scoop a day. **Scoop. Mix. Drink.**

That is Collagen 101!

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