

## Boost Skin And Joint Health With Natural Supplements

A lot of health conscious adults are now attempting to keep a youthful appearance for as long as possible by exercising, taking growth hormone enhancers, and using expensive cosmetics. However, studies have proven that the major signs of aging in the skin, joints, and eyes occur due to a progressive collagen and hyaluronic acid degradation in our tissues. Researchers believe that supplementation of these key nutrients can actually reverse signs of aging.

Normal functioning of the skin requires that there be normal physiological substances in and around the skin cells. Of the many substances that are required for normal functioning, collagen is one of the most important. Collagen provides structural support to skin, which helps to maintain skin tone, subtleness and elasticity. All of these give the skin its amazing beauty. Without enough collagen, our body would actually lose any connective properties and its ability to hold together, causing the sagging and wrinkles that are associated with age.

Hyaluronic acid is also a vital component of the skin's structure. HA is a big part of the space between living cells and is also present in both the dermis and epidermis, where it allows skin to retain moisture and acts as a lubricant between the collagen matrix of the skin. Younger looking skin typically has higher levels of HA, but it has been observed that hyaluronic acid content declines as we age, most dramatically after the age of 50. Most people after the age of 40 have already lost a lot of HA and may require supplementation. High concentrations of hyaluronic acid and chondroitin sulfate are able to reach the corium layers of the epidermis and provide cellular level nourishment to the skin. This then reveals a more vibrant and younger looking complexion.

Doctors believe that osteoarthritis affects more than 20 million Americans, with that number reaching 40 million by the year 2020. Some doctors believe we're headed for an epidemic of degenerative joint disease. Osteoarthritis is a degenerative joint condition marked by the erosion of the cartilage at the ends of the bones. Cartilage is the shock absorber of the joint, with regular wear and tear on the joints eventually softening, fraying, and thinning the substance. Other things that can cause cartilage degradation and osteoarthritis have recently been identified by scientists, including: weak quadriceps muscles, eroding cartilage, and changes in bone structure. Certain genes also play a role in predetermining cartilage status, and left untreated and unchecked, this can become extremely debilitating.

Since normal joint function requires healthy cartilage and bones, one of the most important substances required for the normal functioning of joints is collagen. As we age, it has been observed that there is a decrease in the production and concentration of collagen in the joints. The lack of this vital structure leads to joint pain and inflammation. Common treatments today include the prolonged use of painkillers and anti-inflammatory drugs, steroids, NSAIDs and COX-2 inhibitors which temporarily relieve pain and cover up the symptoms while the disease moves further. More often, these treatments worsen the condition instead of helping it due to their harmful side effects. A natural supplement containing Collagen II can not only halt the progression of arthritis but can also improve the condition and provide relief to sufferers.

### About the Author

More information on [joint health](#) and wellness is available at VitaNet&reg, LLC Health Food Store. <http://vitanetonline.com/>

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