INTEGRATING WESTERN MEDICINE, NUTRITION AND EASTERN TRADITIONS

## INTEGRATIVE MEDICINE

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# Goldilocks

### **Enhancing 'Beauty' Proteins**

#### WHAT IT IS:

• Stabilized and clinically tested 'beauty' proteins for hair, skin, nails, and bones

#### WHY YOU NEED IT:

- Important for patients wanting to reduce fine lines and wrinkles
- Supports patients looking for thicker, stronger hair
- Great for patients seeking stronger, healthier nails
- Good for patients needing better bone mineral density
- Targets patients looking to promote healthy connective tissue and joints

#### HOW IT HELPS:

While the three bears could not agree on the preferred temperature of porridge, everyone can agree that skin, hair, and nails look best in youth. A key ingredient for youthful beauty is silicon. Silicon isn't just for computer chips, but is also an important element found in nearly all human tissue, especially hair, skin, nails, tendons/ligaments, and bone. Humans get most of their daily silicon from grains and vegetables, but modern processing seriously reduces the amount of silicon in our food.

Collagen is the body's main structural protein and is largely responsible for the thickness and flexibility of skin, hair, nails, tendons/ligaments, and bones. After 18 years of age, collagen production starts to decline as does the quality, appearance and durability of all related body tissues. Thinner skin means more wrinkles, while less collagen elsewhere means more fragile hair, nails, tendons/ligaments, and bones.

Studies show that when stabilized silicon is taken as a nutritional supplement there is an increase in the production of beauty proteins like collagen. More beauty proteins support patients looking for improved skin appearance (fine lines, sun damage), improved texture and strength of hair and nails, and improved bone, tendon and ligament health.

If youthful skin, hair, nails and bones are on your wish list, then Goldilocks should be on your vitamin shelf.

Usual dosage: Take one (1) capsule twice daily, preferably with meals.

\*These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.