



ve learnt to not compare myself to others and appreciate my body for what it does and not what it looks like. To me, wellness means... finding a way to fit movement, eating well, mindfulness and rest into your life in a way you enjoy and love. Wellness is something you do for you and something you should sustain long term. ★

★ ASK AN EXPERT

What's the difference between marine and bovine collagen?

Collagen is the most abundant protein in the human body and as we age, the deposition of collagen and elastin decreases. There are at least 16 types of collagen, but 80-90 per cent consists of types I, II and III. Type I is the main component in skin, type II is the major collagen in cartilage, and type III is most common in bones, tendons and ligaments. Generally, most sources of commercially available collagen supplements are fish skins and cowhides. Marine is a source of type I collagen, and better suited for beauty benefits, and bovine is made up of types I and III collagen and more commonly used to repair joints.

DR JAROSLAV BLAZEK is founder of **THE BEAUTY SHAKE** 100% Pure Marine Collagen, \$39.90, thebeautyshake.com.au

