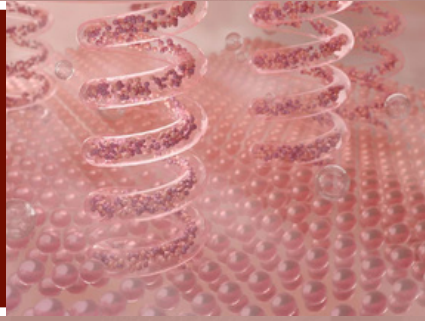




ELASTIN



WHAT EXACTLY IS ELASTIN

Elastin is a very essential protein that is located in the connective tissues of the body and allows them to stretch and go back to their original form. Overall, it is very important in the parts of the body where there is constant stretch of the skin. It was originally created from a protein called tropoelastin that creates flexible fibers. The fibers work together with collagen to emphasize strength and elasticity. As an individual ages, the body produces less elastin, which accounts for common effects such as wrinkles, sagging, and issues with the arteries. It is being studied more to showcase the possible function of repairing damaged tissues and improving overall health for the population. Scientists have been fascinated by elastin because of its unique properties, and it's a focus of research into anti-aging treatments and regenerative medicine.

WHY ARE THEY IMPORTANT?

Elastin is important for the overall flexibility and elasticity of many organs and tissues in the border, including the skin, lungs, and arteries. Elastin helps store energy when the diaphragm expands and releases it when it contracts.

DID YOU KNOW?

Elastin can stretch up to 1.5x its actual length

INCORPORATING ELASTIN

A great way to incorporate elastin is by using cacao! Below is an easy winter recipe that can also be used to keep you warm during the chilly season.

Healthy Hot Cacao

Ingredients:

- 1 cup milk of choice
- 1/2 cup water
- 1 1/2 tbsp raw cacao (about 20g)
- 1-2 tsp maple syrup
- 1 pinch himalayan rock salt

Directions:

- Add milk, water and chopped raw cacao to a pot and simmer gently until cacao is melted (don't boil and make sure to whisk regularly)
- Add maple syrup, pinch of salt and any spices you want to include
- Use a hand blender to froth before pouring into your favorite mug

