

The Value of Liquid Collagen

By Cheri Lucas

When I turned 60, in 2014, I wondered how much worse I was going to feel physically as time progressed. I was aware of how negative my attitude was, but I couldn't seem to shake it. I'd dealt with severe sciatic pain most of my adult life. Driving was excruciating. There were certain restaurants I could eat at, and others I could not, based on the type of chairs they had. The pain was so bad it would wake me up all night. I still walked my pack, but I paid a high price for it.

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Working out at the gym seemed to just fire up the pain even more. I was taking three, 800 mg Ibuprofen a day which barely touched the pain. Staying in shape was next to impossible. To add insult to injury (no pun intended) over the next 2 years I tore my meniscus in both knees, and my ACL in my left knee, in separate incidents. I felt like a train wreck.

Fast forward two years later. A friend introduced me to a liquid collagen that would change my life. I'm a total skeptic about products that boast of pain relief. I'd tried them all. But 6 weeks after faithfully using this collagen twice a day, I stopped taking ibuprofen. For good. My pain was gone. I'm now back at the gym 5 days a week. I work out with my friend and personal trainer Erica once a week. I'm lifting more weight, and feel more fit than I did in my 50s. My goal is to be in the best shape of my life at 65. I have 7 more months to accomplish this.

If you're interested in trying out this amazing product, go to totalvitalitynow.com. I use the version that's called "Life." Make sure you get the 2-count case, which lasts one month. This collagen supplement is designed to be taken every day, just like any other supplement. Consistency is the absolute key to giving you the benefits

you want. I stay on smart ship (auto ship) so I don't run out and this way I get a discount on my product as well. It takes a few weeks before you'll notice the difference. Give it time. I was pain free after 6 weeks. If I'd only taken it for 2 or 3 weeks, I would have never experienced the healing it gave me.

Regarding the difference between this liquid collagen and powdered collagens is huge. I'd used powdered versions for years but never saw a difference in my skin or joints. Last year I attended a conference held by 3 doctors who recommend this liquid collagen to their patients. I learned that the collagen molecule is very large and is difficult to absorb. But this liquid collagen is the lowest molecular weight of any collagen on the market, so it's body ready. It's derived from a minuscule portion of chicken sternum, which is the highest quality of collagen available. Most other collagens on the market are bovine derived. Yes, it's more expensive than most powdered collagens. But it works. I was able to avoid surgery to repair my meniscus and ACL. If I'd had the surgery, I would have lost weeks of work during recovery. For me, this investment in my own health is worth every penny. The quality of my life is back. That's what matters to me the most. If you have any questions, feel free to message me!

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