



Darren Landis

In episode 40 of the Vibrant You Health Show, Blake interviews Darren Landis about how Hyaluronic Acid naturally lubricates various parts of the body including the joints, skin, and eyes. Darren Landis is the founder of Hyalogic - the leader in Hyaluronic Acid supplements. You can find Hyalogic supplements for your joints, skin, eyes and more at Nature's Pantry in La Grande. Below is a summary of the key points from this episode. You can watch this episode and all episodes of the Vibrant You Health Show at www.naturespantry.life under the Health Show tab.

Hyaluronic Acid (HA) is a naturally occurring molecule that is produced inside every living cell in the human body. Hyaluronic Acid binds to water and turns into a lubricating, ropelike, gelatinous substance that serves many functions in the body. HA thickens water into a gel just like flour thickens gravy. This gel that HA helps to make is called Synovial Fluid (SF). SF lubricates the joints just like motor oil lubricates the parts of an engine. HA can bind up to 1,000 times its own weight in water. Because HA turns water into a gel like substance it helps keep water compartmentalized in the body where it needs to be rather than simply just flushing out of the body.

HA and JOINTS

Our joints are amazing machines that provide us with the mobility we need to live, work, and play. Some—like your hips, knees, and ankles—are also responsible for bearing your weight when you walk, run, climb, or jump. To function at their best, these essential joints require adequate cushioning and lubrication. That cushioning is provided by a substance called synovial fluid. Inside your joints, HA uses its amazing water-binding ability to produce synovial fluid, a thick liquid that lessens friction, protects the joint, supports range of motion, and supports overall healthy mobility. Without it, one could experience discomfort with normal daily activity and exercise.

If you are experiencing joint concerns with normal daily exercise and activity, Hyalogic's joint support products may be helpful. They use a high-molecular-weight HA, the type your body already produces naturally. This helps the HA to work more efficiently, helping support your joint, tendon, ligament and bone health.

HA and SKIN

About 50% of the HA in your body resides in your skin. There, it helps deliver the moisture essential to supporting the health and integrity of your skin. HA helps keep skin cells hydrated and nourished, helps support the building blocks of cell health, and assists in carrying away impurities. Together, these 3 functions help give our skin a healthy, fresh, and more youthful looking appearance. When you are young, your body typically produces all the HA you need. But as you age, your body's ability to produce HA decreases. Someone age 50 or over may produce only half the HA they did at age 20. And nowhere is this decrease in HA reserves more apparent than in the epidermis (the outermost layer of our skin).

Fortunately, both topical and systemic supplementation with HA may help support or lessen the effects of aging on your complexions and support a more youthful looking appearance. Applied topically, HA is absorbed by the skin, seeking out and binding the water it encounters and using that moisture to rehydrate and nourish your skin. Taken orally as a dietary supplement, HA works from the inside outward to support the health of vital substances such as elastin and collagen. This helps keep skin cells plump and lessen the appearance of wrinkles and “loose” skin.

HA and EYES

The eye is an amazing organ that relies on high levels of moisture to function at its best. About eighty percent of the eye’s overall volume is liquid, occupying the space between the lens and the retina. Called vitreous fluid, this clear, gel-like liquid serves several vital functions, including, but not limited to:

- Maintaining the shape of the eye (for proper focus and vision)
- Nourishing and lubricating structures such as the cornea and retina
- Cushioning and protecting the eye from shock
- Assisting in tear production

Science has shown that the vitreous fluid of the human eye is composed primarily of water. But how is this constant supply of vital hydration maintained and regulated? One of the answers is HA! In the eye, HA binds sufficient water to maintain the eyeball’s plumpness, and remains cushioned and nourished. In fact, HA is what binds 95% of the fluid within the eye. Because HA can move freely through the intracellular space (the space between the cells), it is an essential mechanism of transport—a superhighway capable of delivering nutrients to the eye and removing the byproducts of your eye.

You can find Hyalogic supplements for your joints, skin, eyes and more at Nature's Pantry in La Grande.

