

READER PREVIEW

THE LONGEVITY CODE · BOOK III OF SEVEN

The Collagen & Rejuvenation Recipe Book



*Thirty days built around the collagen
window.*



Anna Weegen, MD · Serhii Shcherbyna

SYAN.online

WHAT'S INSIDE

- The collagen window — vitamin C and glycine, paired
- 30 days of collagen-building breakfasts, lunches and dinners
- Gentle cooking methods that protect, not damage
- Skin, joints and connective-tissue focus
- The pre-training timing that athletes use

Your body rebuilds its own collagen every day — if you supply the raw materials together. Every recipe pairs glycine and vitamin C by design, turning meals into a whole-body renewal cuisine for skin, joints, arteries and gut.

Read the full book →