

Summary

Amino Acids

What? All people have proteins for processes that take place in the body. Amino acids are the building blocks of protein. Amino acids are what feeds the skin, hair and nails internally.

Why? History All people have proteins for processes that take place in the body. Amino acids are the building blocks of protein. Amino acids are what feeds the skin, hair and nails internally. Tissue, cells and muscles need amino acids so they can function correctly. There are eight different amino acids that the body need but can't make. Examples are leucine and lysine. Some food we can eat to help us are meat, dairy, and chicken.

How does it relate to the skin? Amino acids are in our cells, tissue, and muscles of the body. They move and store nutrients in the body. They can repair muscles, tissue, and heal wounds. As we age cell regeneration slows from every 28 days to around every 40 days, it is the amino acids such as those that make creatine, that repair DNA and also protect healthy cells from further damage.

Where does it typically occur? They occur in our organs, arteries, tendons, muscles and many more. The amino acids arginine and carnitine form creatine, which support the natural skin functions.

When? (Implications) Amino acids are important for our body functioning correctly and can help with healing wounds. Diet plays an important role in the amount of amino acids in the body. People have to eat the correct foods or they can take vitamins which will help. We can take amino acid supplements daily.

What causes this? These organs have important jobs in our bodies and amino acids play an important role. One example is to give our cells structure. Carnitine is an important chemical in aiding fat burning. As we age our bodies store additional fat, which is not only unhealthy it makes skin sag. Carnitine combined with exercise supports the transfer of fat to energy. If we do not have the right amount of amino acids we can have the following, weight issues, sleep problems, and arthritis.

How? Solution (Non Mechanical) Solutions are to try our best to eat a balanced diet. Although we produce these amino acids diet is very important. Teens need a different amount of protein than adults. Too much protein can also be harmful. Humans do not store amino acids.

How? Solution (Mechanical/ Machine) If we consider our bodies as machines the amino acids help in breaking down food. They can carry out the function because protein can turn into enzymes. Some of the foods our machine needs are meat, chicken, and eggs. We can suffer from muscle loss and healing problems.