

Can Collagen Help With GERD? Here's the Promising Connection

By Robert Ferguson

When most people hear *collagen*, they think of beauty—glowing skin, fewer wrinkles, and strong nails. But collagen is **so much more than skin deep**. It's the most abundant protein in the human body and plays a **critical role in the structure and function of joints, arteries, muscles, and even vital organs like the diaphragm**.

As we age, collagen production naturally declines. Weak or damaged collagen is linked to joint pain, arterial instability (which can lead to aneurysms), and even digestive issues. What many people don't realize is that **collagen may also play a role in one of the most common digestive disorders—GERD (gastroesophageal reflux disease)**.

A Wake-Up Call: My Personal Story

In 1998, when I was first introduced to BioCell collagen, I didn't have much interest. I wasn't experiencing joint discomfort, and supplementing with collagen for a more youthful appearance wasn't part of any health conversation I was involved in.

But over the years, I've matured, my business has grown, and I've had the privilege of working with thousands of clients. Collagen has since gone mainstream, and as a result, **I've learned a lot more**.

With a growing clientele of maturing adults, I began hearing a recurring theme—many people reported symptoms like **heartburn, chest pain, and indigestion**. At first, I assumed these were just normal signs of aging. But then something unexpected happened: **a few clients who were taking the Collagen BOOZT supplement I endorse shared that their reflux symptoms were improving—sometimes even disappearing**.

That's when I experienced a **wake-up call** about what I now refer to as the **Collagen-GERD Connection**.

The Collagen-GERD Connection

One often overlooked contributor to GERD is a **hiatal hernia**, which occurs when part of the stomach pushes upward through a weakened diaphragm into the chest cavity. This disrupts the natural barrier between the stomach and esophagus, allowing stomach acid to backflow—leading to reflux and related symptoms.

And yet, despite how common hiatal hernias are, **they're rarely identified as the root cause of GERD in everyday medical practice**.

Doctors typically treat GERD by prescribing medications like proton pump inhibitors (PPIs) to suppress acid production. While this can provide temporary relief, it often **doesn't address the structural issue**—a weakened diaphragm that may be due to declining **collagen production**.

Why Hiatal Hernias Go Undetected

In most cases, unless GERD symptoms are severe, chronic, or unresponsive to medication, **doctors don't pursue diagnostic tests** that can confirm a hiatal hernia—like an endoscopy or a barium swallow. This is because:

- GERD symptoms often overlap with common digestive complaints
- Structural imaging isn't part of routine screening
- Most treatment protocols prioritize symptom suppression, not root cause resolution

As a result, many people are never told they may have a hiatal hernia—despite its prevalence increasing significantly with age. Case in point:

- 50% of Americans over age 50 have a hiatal hernia
- 60% of those over age 60
- 70% of those over age 70

From my experience working with thousands of clients, this has become clear: **we're not just dealing with an overproduction of stomach acid—we're dealing with weakened tissue.** And what supports the strength and structure of that tissue? **Collagen.**

10 Common Collagen Disruptors

While aging naturally reduces collagen production, many everyday exposures can **accelerate its breakdown** or **interfere with your body's ability to rebuild it** effectively:

1. **Fluoride** – Found in tap water and dental products, fluoride can impair collagen formation and compromise connective tissue.
2. **Refined Sugar & Ultra-Processed Foods** – These promote glycation, which creates advanced glycation end products (AGEs) that stiffen and degrade collagen.
3. **Trans Fats (Partially Hydrogenated Oils)** – Trigger inflammation and oxidative stress, both of which damage collagen integrity.
4. **Alcohol** – Depletes essential nutrients like vitamin C and zinc that are critical for collagen synthesis.
5. **Smoking (Tobacco and Vaping)** – Damages fibroblasts (the cells that produce collagen) and reduces blood flow needed for tissue repair.
6. **Ultraviolet (UV) Radiation** – Overexposure to sun produces free radicals that degrade collagen and elastin fibers.
7. **Chlorine & Bromine** – Found in pools and some water sources, these can interfere with iodine and thyroid function, indirectly impacting collagen metabolism.
8. **Vitamin & Mineral Deficiencies** – Inadequate intake of vitamin C, zinc, copper, and silica can significantly reduce collagen production.
9. **Chronic Inflammation** – Sustained inflammation increases enzymes (like matrix metalloproteinases) that actively break down collagen tissue.
10. **Oxidized Omega-6 Seed Oils** – Common in soybean, corn, and sunflower oil, these promote systemic inflammation and contribute to collagen loss.

Why Collagen BOOZT?

Not all collagen supplements are created equal. **Collagen BOOZT** is a **scientifically validated, third-party tested supplement** that goes far beyond ordinary collagen powders or pills.

What sets it apart?

- It **activates fibroblasts**—the very cells responsible for producing collagen, elastin, and other structural proteins.
- It contains **hyaluronic acid** to promote deep skin hydration and joint cushioning.
- It's fortified with **vitamin C**, a critical cofactor for collagen formation that helps convert proline into hydroxyproline—essential for collagen stability.
- It includes **copper**, which supports the enzyme lysyl oxidase that helps cross-link collagen and elastin fibers, strengthening tissue.
- It provides **biotin, zinc, and silica**, all of which play a role in tissue regeneration, hair and nail health, and collagen matrix support.
- It promotes **hydrated skin, improved joint function, and accelerated tissue repair**.
- And yes—it **may support diaphragm strength and help reduce symptoms related to hiatal hernia and GERD** by nourishing and rebuilding the connective tissues involved.

The Bottom Line

If you're over 50, already experiencing acid reflux, or exposed to fluoride, stress, or processed foods, **you may already be on a path toward weakened collagen and increased GERD risk.**

But you don't have to stay on that path.

Supplementing with **Collagen BOOZT** daily may not only support your digestive health—it can help rejuvenate your appearance, strengthen your joints, and improve overall vitality from the inside out.

Ready to Take the Next Step?

Take a proactive approach to your health. Rebuild your foundation—inside and out. **Collagen BOOZT is simple to use:** take it daily for 10 days, then take 20 days off, and repeat. It's affordable, and in just 10 days, **most people start to see and feel noticeable improvements.**

If you have questions, feel free to email me at robert@dietfreelife.com or reach out to the person who shared this article with you.

Want to learn more or give Collagen BOOZT a try? [Click here to get started!](#)

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