



Nerve Renew Guide

The Egg Trick - Boost
Collagen and Strengthen
Your Nerves in Just 9 Days



I Introduction

Did you know that it is possible to increase collagen production by up to 338% in just 9 days with a simple morning trick? This guide was created especially for people who suffer from neuropathy, joint pain, circulation problems and are looking for a natural, effective and affordable solution to strengthen their nerves and improve their overall health.

In this e-book, you will discover how collagen works in the body and how a simple food present in your breakfast can transform your routine in a positive and lasting way.



Chapter 1: The Role of Collagen in Nerve Health

You've heard that collagen is good for your skin, right? But what few people know is that it is also essential for the proper functioning of your nerves. Collagen is a structural protein that makes up about 30% of all protein in the human body. It is present not only in the skin and joints, but also in the sheaths that protect the nerves, in the blood vessels and in several other structures that ensure the proper functioning of the body.

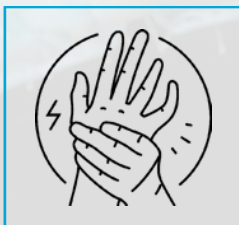
When we think about nerve health, it is common to focus only on vitamins or medications. But the truth is that nerves also need support and elasticity, and that is where collagen comes in as a great ally. It acts as a kind of protective and flexible “cushion” around the nerve fibers, helping to maintain their function and integrity.

As time goes by, especially after the age of 30, the body’s natural production of collagen begins to decline significantly. This reduction can be further accelerated by factors such as poor diet, stress, smoking, excessive sun exposure or diseases such as peripheral neuropathy.

Collagen deficiency can contribute to:



Weakening of the nerves, making them more vulnerable



Tingling or burning sensation in the hands and feet



Joint pain and stiffness in movement



Reduced blood circulation, worsening numbness or cramps

Therefore, stimulating the natural production of collagen is an essential step for those seeking relief from symptoms such as pain, nerve discomfort and joint inflammation.

The good news is that, with the right combination of nutrients and simple daily habits, it is possible to reverse this process and strengthen the body from the inside out.

And that is exactly what you will learn in the next chapters: how a common breakfast food can help your body produce up to 338% more collagen in just 9 days, improving your neural health, mobility and even your mood.

Ready? Let's go.



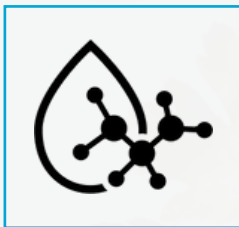
Chapter 2: The Egg Trick – Boosting Collagen Production by 338%

Imagine starting your day with a simple, quick and powerful ritual that can reactivate your body's collagen production and bring relief from joint pain and neuropathy symptoms. It sounds too good to be true, but that's the secret behind the famous "egg trick" — a natural method that can boost collagen production by up to **338%** in just **9 days**.

The Secret Is in the Egg's Membrane

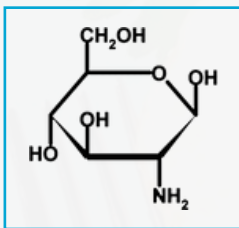
When cooking an egg, you've probably noticed that thin film between the shell and the egg white. This almost invisible layer is the egg's membrane, a true nutritional treasure often discarded without us realizing its value.

The egg's membrane is naturally rich in substances essential for the health of joints and nerves, including:



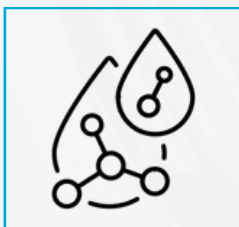
Type I collagen:

the body's main structural protein, essential for the integrity of nerve and joint tissues.



Chondroitin and glucosamine:

compounds with anti-inflammatory and regenerative action, widely used in joint supplements.



Hyaluronic acid:

contributes to tissue hydration and elasticity, in addition to improving joint lubrication.

These elements, combined, form a powerful "natural formula" capable of acting directly on the reconstruction of nerve fibers and the regeneration of worn joints.

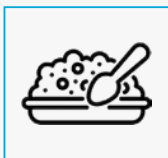
How to Make the Egg Trick

The preparation is simple and takes just a few minutes in the morning. See the complete step-by-step guide:

- 1- Cook an egg in its shell** for about 8 minutes, until it is firm (hard-boiled).
- 2- Let it cool** or dip it in cold water to make it easier to handle.
- 3- Peel it carefully**, taking care not to damage the inner film stuck to the shell.
- 4- Gently remove the membrane** with the tip of a small spoon or with clean hands.
- 5- Blend it in a blender** along with the following ingredients:



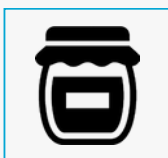
1 ripe banana
(source of potassium and energy)



1 tablespoon of oats
(rich in fiber and nutrients)



200ml of plant-based milk
(almond, oat, coconut) or water



Optional: add honey or cinnamon
for flavor and antioxidant properties

You will have a functional, tasty and incredibly nutritious smoothie. The ideal is to consume this drink right at breakfast, still on an empty stomach or as the first meal of the day, to optimize the absorption of bioactive compounds.

Why Does It Work?

By consuming the egg membrane along with a base rich in fiber and antioxidants, you are promoting a true “metabolic awakening”. Your body recognizes these nutrients as raw material for tissue repair and begins, even in the early hours of the day, to stimulate the regeneration of nerves and joints.

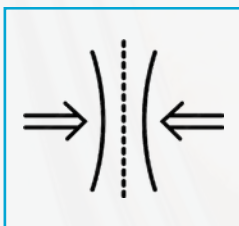
Studies show that, in just a few days, continuous consumption of this combination can:



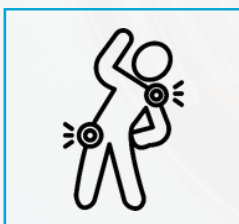
Reduce silent inflammatory processes



Activate the natural production of collagen



Improve nerve conduction and tissue elasticity



Reduce pain, burning and tingling typical of neuropathy

And the best part: all naturally, without relying on expensive medications or invasive treatments.



| Chapter 3: Visible Benefits in Just 9 Days

You may be wondering: is it really possible to notice changes in such a short time? The answer is yes — and science, combined with practice, confirms this. By incorporating the “egg trick” into their morning routine, many people report noticeable improvements from the 4th or 5th day, with results more evident after 9 days of continuous use.

These benefits are the result of the combined action of highly bioactive nutrients present in the egg membrane, which act directly on the reconstruction of collagen fibers, tissue hydration and regeneration of peripheral nerves. Below, learn more about the main effects you can experience:



1. Reduced pain, burning and tingling in peripheral nerves

With the improvement in the elasticity and structure of nerve fibers, signs of neuropathy such as twinges, pins and needles or numbness in the feet and hands tend to decrease significantly.



2. Firmer joints, with less inflammation

The combined action of type I collagen, chondroitin and hyaluronic acid helps to reduce inflammation in the joints, in addition to improving cartilage lubrication, relieving pain when moving.



3. Increased mobility and flexibility

With less pain and more support in your nerves and joints, you feel more comfortable performing daily activities such as walking, climbing stairs or even stretching in the morning.



4. Improved blood circulation

The reconstruction of collagen fibers in the walls of blood vessels also stimulates circulation. This contributes to the nutrition of tissues, relieving the feeling of tiredness in the legs and reducing fluid retention.



5. More energy, focus and general well-being

With less pain and a better functioning body, there is naturally an increase in mental and physical disposition. Many report a more stable mood, better quality sleep and even greater mental clarity throughout the day.

Real Transformations in Just a Few Days

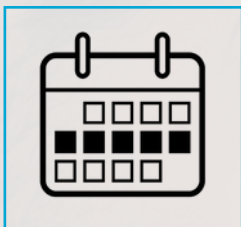
Users who have followed this protocol report significant changes in their comfort and quality of life. One of the greatest advantages of this method is precisely its simplicity and accessibility: it does not require expensive medications or invasive procedures.

The natural combination of nutrients promotes gradual but noticeable regeneration. And it all starts with a small gesture: carefully peeling an egg and enjoying the richness hidden in its membrane. Continue with the next chapter to find out how to make this habit part of your daily routine, in a practical, light and tasty way.



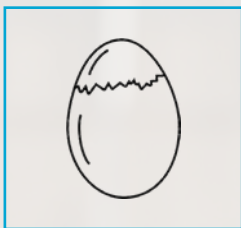
Chapter 4: How to Incorporate the Egg Trick into Your Daily Routine

Including the “egg trick” in your routine doesn’t have to be complicated. On the contrary: with a little organization, you can transform this simple gesture into a powerful morning self-care ritual. The key is to make the process practical, enjoyable, and sustainable, even on the busiest days.



Step 1: Plan your week in advance

Set aside a time at the beginning of the week — like Sunday night — to cook 5 to 7 eggs. Ideally, you should cook them until they're hard-boiled, about 8 minutes. Once they're ready, store them in the refrigerator with the shell on, in a sealed container. This saves time in the following days and avoids excuses for not doing it.



Step 2: Separate and store the membranes

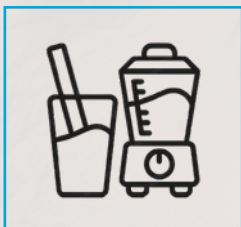
When peeling the eggs, carefully remove the membrane that is between the shell and the white. You can use a spoon or even your fingers to gently pull it off. This membrane is rich in type I collagen and other bioactive compounds. After collecting them, store them in a small, tightly sealed container in the refrigerator for up to 3 days. If you want to use them immediately, go straight to preparing the smoothie.



Step 3: Prepare the smoothie in a few minutes

Preparing the smoothie takes less than 5 minutes and can be done even on the busiest days. Simply blend the following ingredients in a blender:

- **1 ripe banana**
(rich in potassium and energy)
 - **1 tablespoon of oats**
(source of fiber and satiety)
 - **200 ml of plant-based milk**
(almond, oat or coconut) or water
 - **The egg membrane**
(the star ingredient)
 - **Honey or cinnamon** to taste, if you prefer a sweeter or more aromatic flavor
- This drink can be consumed pure or accompanied by other light breakfast sources, such as nuts, fruit or whole-grain toast.



Step 4: Vary the flavors to avoid getting bored

One of the best ways to maintain a habit is to avoid monotony. Try alternating the fruits you use — such as apple, mango, papaya or strawberry — to give your smoothie a new flavor each day. You can also add functional ingredients, such as chia, turmeric or ginger, to boost the benefits even more.



Step 5: Integrate the trick into your diet

The egg trick works even better when combined with a balanced and anti-inflammatory diet. Try to keep meals light at night, avoid ultra-processed foods and try to eat at regular times. This way, your body will be better prepared to absorb the nutrients and respond positively to the collagen stimulation.

Remember: lasting results come from consistency. Small daily actions, like this eggshell smoothie, can generate big changes in your health in the medium and long term. Start today and reap the rewards of a stronger nervous system, healthier joints and more efficient circulation.



Chapter 5: Additional Tips for Improving Nerve and Joint Health

Although the egg trick is already a great ally in nerve and joint regeneration, it can be even more effective when combined with healthy and conscious daily habits. Below, you will find additional tips that work synergistically with collagen production and promote complete care for your nervous and musculoskeletal system.



1. Invest in a neuroprotective diet

Certain nutrients are true allies of neural health. Include in your diet:

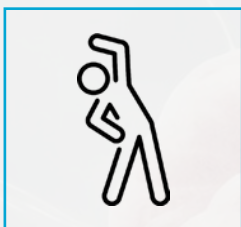
- **Magnesium:** essential for nerve conduction and muscle relaxation. It is present in foods such as avocado, pumpkin seeds, spinach, banana and pure cocoa.
- **Vitamin B12:** essential for the regeneration of nerve fibers and prevention of neuropathy. Natural sources include eggs, fish, lean meats and fortified foods.
- **Omega 3:** acts as a natural anti-inflammatory and helps protect nerve cells. Regularly consume fish such as salmon and sardines, as well as flax and chia seeds.



2. Stay properly hydrated

Water is essential to **keep nerve and joint tissue well nourished and lubricated.**

Dehydration can worsen pain and tingling. Therefore, drink at least 2 liters of water per day, preferably in small sips throughout the day.

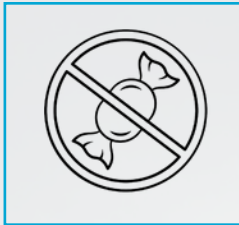


3. Practice light and consistent physical activities

Movement helps stimulate circulation, relieve tension and better oxygenate peripheral nerves. Opt for low-impact activities, such as:

- **Daily walks** of 20 to 30 minutes
- **Gentle stretching** in the morning and before bed
- **Yoga or Pilates**, which combine mobility with conscious breathing

These practices also help release endorphins, relieving pain and promoting mental well-being.



4. Avoid silent enemies Some eating and behavioral habits can compromise the proper functioning of your nerves. Be aware and reduce:

- **Refined sugar**, which causes inflammation and interferes with neurological function
- **Ultra-processed foods**, rich in additives and poor in nutrients
- **Excessive alcohol consumption**, which can damage nerve endings
- **A sedentary** lifestyle, which worsens circulation and causes muscle stiffness



5. Take care of your mind

Chronic stress can significantly worsen the symptoms of neuropathy and joint pain. Therefore, adopt emotional control practices:

- Deep and conscious breathing (4-7-8 technique)
- Guided meditation (5 to 10 minutes a day is enough)
- Mindfulness techniques (full attention in the present moment)

In addition to reducing physical tension, these methods help to balance the body's hormones and promote an overall sense of tranquility.

| Conclusion

Now that you've reached the end of this guide, you're ready to transform your health in a simple and natural way. The egg trick, despite seeming simple, is powerful in activating collagen and strengthening nerves — especially for those who suffer from pain, poor circulation or neuropathy.

By including this functional vitamin in your breakfast, you provide your body with essential nutrients such as type I collagen, hyaluronic acid and glucosamine, stimulating the regeneration of nerves and joints. In just 9 days, you'll already be able to see the first results. Remember: regularity is essential.

Small daily habits generate big transformations. By combining this trick with a balanced diet, hydration and exercise, you'll be investing in a life with more energy, well-being and autonomy. Start now. Your health will thank you — and so will your future.

