



This is our 2nd Nutrition Bites edition this month!

We hope you're having a wonderful May! With Mother's Day just behind us, we want to extend our appreciation to all of the mothers and mother figures who care for, support, and shape our lives in so many meaningful ways. This time of year is when we are reminded to slow down, reconnect, and celebrate the people who nurture us, whether that's through shared experiences, time outdoors, or simply being together.

In this edition of our newsletter, we're highlighting thoughtful ways you can continue to **celebrate Mom** beyond Mother's Day and the traditional gifts, exploring the growing conversation around **peptides and their role in health**, and sharing some **new recipes** to enjoy this season!

Happy reading!



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Thoughtful Ways to Celebrate Mothers Today & Beyond

My motto...Mother's Day is everyday! We don't need one day to celebrate the women who care for, support, and shape our lives. For the moms in your life, consider creating experiences that focus on connection and wellbeing beyond just the one day on the calendar. Some creative ideas include:

- A nature walk or scenic hike on local trails
- A spa day or wellness retreat experience
- Yoga class
- A shared meal on her favourite patio or café
- A meal delivery service or a night off from cooking
- A massage or acupuncture session
- A cooking class for something fun + nourishing like our **"She Blooms: A Women's Nutrition Summit"** on June 27th from 9-3pm at Novotel Vaughan. Scroll down for more info. We have a **PRESALE** now until May 19th. Don't miss out. We have limited seating



Peptides!

What are they & why is everyone talking about them?

Peptides are short chains (think links) made of amino acids, the building blocks of proteins. Since they are smaller than proteins, they can be absorbed more easily. They are needed to perform tasks such as collagen production, muscle repair, cellular communication, and reducing inflammation¹.

Peptides are found naturally in foods, including animal- and plant-based proteins, they are commonly found in skincare products, such as lotions and serums that aim to boost collagen and elastin, as well as in health supplements that are used for skin health and muscle mass².

What are the potential benefits of peptides?

Peptides for anti-aging – The protein collagen is a key building block of the skin, muscles, bones, tendons, and other connective tissues. As we age, natural collagen production decreases and breakdown increases, contributing to visible skin changes (like wrinkles and sagging) as well as weaker joints and connective tissues. Research suggests that oral collagen supplements may help support skin hydration and elasticity, and may also reduce joint pain and improve function in people with osteoarthritis².

Peptides for skin – Peptides are present in your skin and are needed to help fight bacteria, heal wounds, and build a strong skin barrier. People with too few peptides in their skin may be more prone to psoriasis, eczema, rosacea, or acne².

Peptides for muscle growth and weight loss – Certain peptide supplements may help boost muscle growth or muscle repair, however some supplements work by stimulating growth hormone (GH) and may be illegal or unsafe². Others have been shown to be effective in lowering blood sugar (in Type 2DM) and in weight loss. GLP-1 is one type of peptide.

Peptides for hair growth – Similarly to how peptides help with collagen production in the skin, some peptides may help with hair growth. Serums, pills, or powders are options for peptide supplements for hair growth².

Peptides for bone loss – Studies have found that collagen peptide supplements also may help to improve bone mineral density, and therefore are used to treat osteoporosis².

Peptides for testosterone – Some peptides may help increase testosterone levels by helping your body make certain hormones that are needed to make testosterone (gonadotropin-releasing hormone, gonadotropin luteinizing hormone, and follicle-stimulating hormone).

Bottom line: research into topical or injectable peptides is very young! While some studies show promise, more conclusive studies conducted with large groups is still needed. Some of the preliminary research is done in animals or in small groups of people. Many claims on social media are exaggerated. While this is a promising and exciting area of research, many of the peptides on the market may show modest effect. Always look at what research has been done on a specific product before trusting claims, influencers, and social media.

What about Collagen vs Collagen Peptides: What's the difference?

Collagen are large, complex proteins that are found in the skin, bones, and tendons.

Collagen peptides are broken up, or hydrolyzed pieces of collagen that are highly soluble and bioavailable, meaning they are absorbed rapidly in the gastrointestinal tract.

Because the body cannot absorb whole collagen, supplements typically contain collagen peptides³.

What does it mean when a product is labelled "collagen peptides"?

When a product is labelled *collagen peptides*, it means the collagen has already been processed (hydrolyzed) into smaller fragments. This makes it easier for digestion and absorption compared to regular collagen.

**Are you interested in learning more about
your health as a woman?**

**Do you want to cut through the noise of conflicting nutrition
advice and misinformation?**

We are planning this just for you!

Introducing the...

Women's Nutrition Summit

Sat. June 27th, 2026

Novotel Vaughan, Bass Pro Mills

9:30am-3pm



"She Blooms" is a one-day summit hosted by yours truly Filomena Vernace-Inserra & Nancy Bevilacqua, award-winning private practice Registered Dietitians in Vaughan.

This summit will be a trusted space where women can access clarity, confidence, and credible information about their health, with the promise to:

- Cut through nutrition and health misinformation with clarity and confidence
- Deliver practical, evidence-based strategies women can apply in their day-to-day busy lives
- Promotes a message of balanced, sustainable nutrition — not extreme, misguided promises
- Build community and connection among women

Click here for early registration! For more information and to register (take advantage of the pre-sale savings), click [HERE](#)

Stay tuned for more information including our key note speaker, sponsors & giveaways, and LIVE chef demo featuring plant-forward recipes!

Recipes

Orange smoothie



Smash burger tacos



Chicken pesto pasta salad



Savory zucchini fritters



Blueberry baked oatmeal



References

1. <https://www.medicalnewstoday.com/articles/326701>
2. <https://www.webmd.com/a-to-z-guides/what-are-peptides>
3. <https://my.clevelandclinic.org/health/articles/23089-collagen>

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