



Benefits Of Chia Seeds

It is best to soak the chia at least 30 minutes before eating and they can be soaked overnight. This is necessary so the seeds are fully hydrated and do not absorb water from your intestines. You can soak larger batches of chia and keep them in the refrigerator. They will stay up to 5 days. Use what you need each day. I use this in whatever flavor smoothie I am making that day. Blend chia with the other ingredients until smooth.

1 serving

2 TBS organic chia seeds

1 cup water

- **Soothes Your Digestive System** Chia is good for the digestive system because it has the remarkable ability to form a gel (hydrophilic colloid) when mixed with water due to the soluble fiber that coats the seed. A hydrophilic colloid is a watery, gelatinous, glue-like substance which forms the underlying elements of all living cells. The hydrophilic colloid properties aid in the digestion of any foods that may cause suffering from acid reflux. If Chia seeds are part of your regular diet you will begin to tolerate many foods which now cause you discomfort.
- **Prevention Of Sugar Highs & Lows** The gel from chia that is formed in the stomach creates a physical barrier between carbohydrates and the digestive enzymes that break them. This barrier slows the conversion of carbohydrates to sugar. When chia seeds are consumed, the slow conversion of carbohydrate into sugar gives your body a constant stream of energy, as opposed to a drastic spike that will quickly crash.

- **Weight Loss** Chia seeds are an appetite suppressant. Chia seeds make you feel full because they absorb 10x their weight in water forming a bulky gel. Chia seeds slow down the absorption of carbs to control the appetite and reduce cravings.
- **Hydration** Many modern day long distance runners use these regularly. Since it can absorb more than 10 times its weight in water it has the ability to prolong hydration. With Chia you retain moisture and regulate the absorption of nutrients and body fluids thus maintaining the electrolyte balance. Fluid and electrolyte imbalances occur most commonly from sweating but also from vomiting, diarrhea and high fever.
- **Good Source of All Essential Amino Acids.** chia provides good amounts of *all eight* essential amino acids, meaning that they are nutritionally complete by themselves. Protein from Chia is absorbed very easily. This results in rapid development of tissue and growth and regeneration of tissue which is very beneficial to athletes. The easily absorbed protein also makes chia great for children, adolescents and pregnant women.
- **High In Omega 3** Chia is the richest vegetable source for the essential omega 3 fatty acid. Unlike flax seed (also a good source), the oils from chia can be stored without going rancid and you do not need to grind them to get at the oils. These oils are needed by your body to absorb the fat soluble vitamins A, D, E, & K. These oils also prevent against inflammation which causes arthritis and heart disease. Omega 3's are good for the proper function of ADRENAL and THYROID glands.
- **High In Fiber to Help Prevent Constipation.** Most Americans don't get anywhere near the amount of fiber needed to create optimal health. Chia seeds contain very high levels of both soluble and insoluble fiber. The swelling action of Chia also helps to cleanse and soothe the colon, absorbing toxins while lubricating and strengthening peristaltic action. The insoluble fiber of the Chia seed promotes regularity and pH balance of the intestines reducing the risk for cancer.
- **Rich source of Calcium:** Chia seeds are rich in calcium. They contain the trace minerals magnesium and boron. Since Chia contains the mineral boron it acts as a catalyst for the absorption and utilization of calcium by the body.

