

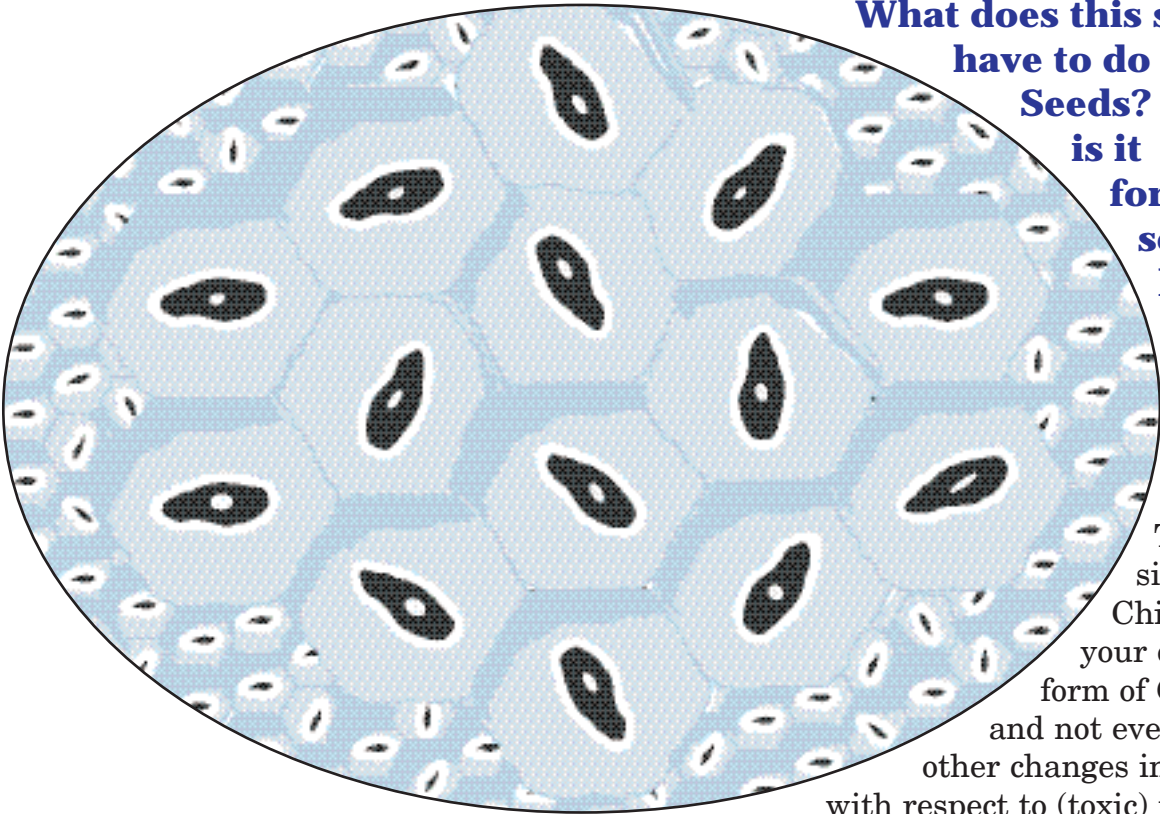


First, I'd like to digress for a moment and question how we got where we are today with respect to our overall health. What are the factors driving the overall weight gain of so many people? Could it be new additives (various forms of sugar) in their diet? I think this is a strong possibility. What is even more disturbing is the fact that a large majority of these people may stand a good chance of facing serious health challenges in the next five to fifteen years and may not be aware of the signs.

It's possible the reason for this being true is the tremendous amount of dis-information (information that poses as being scientifically correct, yet may not have research to substantiate it as fact) being distributed by the advertising /news industry today.

**What does this speculation have to do with Chia Seeds? And how is it possible for these tiny seeds to have any impact on our health today?**

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The answer is simple: Adding Chia Seeds to your diet in the form of Chia Seed Gel, and not even making any other changes in your diet

with respect to (toxic) processed foods, can improve your digestion and regularity. And an added bonus is the fact that they can reduce your calorie intake, improve your nutrition, and still have little affect on the taste of your favorite foods.

**How is it possible for these tiny seeds to create so much change?**

It's all in the water. Most of the more popular seeds today will not absorb very much water. Chia Seeds on the other hand, absorb over ten times their weight in water (One pound of Chia Seeds will yield about 10 pounds of Chia Seed Gel). They are able to accomplish this because they have an unusually

high amount of soluble fibers, edible gels, gums, and mucilages that form a hydrophilic structure around the seed. Each seed, rather than swelling up inside, develops an almost clear sack around itself to hold all this water (see illustration). Although the sack appears clear, there are actually a multitude of extremely fine soluble fibers surrounding the seed and holding the water in place. This is what gives the soaked Chia Seeds the appearance and texture of a gel.

When ingested along other foods, the Chia Seed Gel slows down digestion and helps to prevent the carbohydrates (sugars) from entering the blood stream quickly. Since the water content is so high, it also takes up more room in the stomach giving a person a sense of fullness before they have eaten their usual amount of calories. The added water in the stomach also helps with digestion and hydration. When you combine all these factors, it's not hard to understand how it is possible for the Chia Seeds to have a very positive impact on a persons diet.

The increase in soluble fiber helps with regularity; the added water helps with hydration; the delay in digestion helps to reduce sugar/insulin imbalance and helps with reducing calorie intake, which in turn helps with weight reduction. Any positive changes (away from processed food) you choose to make in your diet are only going to make all of these conditions better.

### **Are the Chia Seeds you are buying certified clean and are they fresh?**

**It's possible to find Chia Seeds at a lower price; however, I'd seriously encourage you to ask your supplier if they have a lab report certifying that their seeds have been inspected and are certified clean and fresh. I can provide certification of the cleanliness of our Chia Seeds. The FDA classes our Chia Seeds as a "Healthy Food" and we guarantee our Chia Seeds to be fresh.**

#### **Chia Seeds Can Be Ordered by US mail, e-mail, on the web, or by phone.**

16 oz. bag of Fresh Certified Organic Chia Seeds.....\$17.95

5 pounds of Fresh Certified Organic Chia Seeds.....\$48.95

Shipping will vary depending on your zip code.. Please call me for a quote or for more information. When you order from my web site, [www.dancingalgae.com/chiseed.html](http://www.dancingalgae.com/chiseed.html), you can determine the shipping cost according to your shipping preference; USPS or FedEx.

10 pounds of Fresh Certified Organic Chia Seeds.....\$84.95

Shipping will vary depending on your zip code.. Please call me for a quote or for more information. When you order from my web site, [www.dancingalgae.com/chia seed.html](http://www.dancingalgae.com/chia seed.html), you can determine the shipping cost according to your shipping preference; USPS or FedEx.

20 pounds of Fresh Certified Organic Chia Seeds.....\$152.95

Shipping will vary depending on your zip code.. Please call me for a quote or for more information. When you order from my web site, [www.dancingalgae.com/chia seed.html](http://www.dancingalgae.com/chia seed.html), you can determine the shipping cost according to your shipping preference; USPS or FedEx.

#### **Pick up Chia Seeds at the office.**

In addition to the above quantities, I have one pound bags of Chia Seeds on hand

1 lb. bag of Fresh Certified Organic Chia Seeds.....\$17.95

Office hours are by appointment only

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The information contained herein is for educational purposes only. It is not medical advice and is not intended to replace the advice or attention of health care professionals. Consult your physician before beginning or making changes in your diet, supplements or exercise program.

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