



Exploring the History and Nutritional Superiority of Fresh, Organic Chia Seeds.

(*Salvia Hispanica L*)

In this paper, I take a close look at the positive benefits of adding Chia Seeds to my diet. I've been using the Chia Seeds long enough to observe some very positive changes in my energy, stamina, and endurance. I've also noticed I am able to reduce the amount of the other nutritional supplements I use everyday with no loss of benefits or energy. With the success I've experienced by adding Chia Seeds to my diet, I feel quite comfortable encouraging you to learn more about this ancient super food.

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Contents;

History	Page One
Introduction.....	Page One
Laughter, Diet, And Exercise.....	Page Two
Is Changing Your Diet Completely A Must?.....	Page Two
Diet Related Deaths In The United States.....	Page Three
Why Is “Raw” So Important.....	Page Three
A High Soluble Fiber Content.....	Page Three
Chia Seeds, The Definitive Hydrophilic Colloid.....	Page Three
Chia Seeds Offer Greater Dietary Flexibility.....	Page Four
Chia Seeds Offer Improved Regularity.....	Page Five
Chia Seeds, A Dieters Dream Food.....	Page Five
Chia Seeds, High In Essential Fatty Acids.....	Page Five
Chia Seeds Help Build Muscle.....	Page Six
Making Chia Gel.....	Page Six
Healing With Chia Seeds/Gel.....	Page Six
Seed Foods And Cancer Prevention.....	Page Seven
Ordering Fresh Quality Organic Chia Seeds.....	Page Seven
How To Order Your Chia Seeds.....	Page Eight
Space For Your Notes.....	Page Nine

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History

For centuries the Indians of the southwest and Mexico used these tiny seeds as a staple. They were considered a high-energy endurance food and records have been discovered as far back as the ancient Aztec to verify this fact. It was said the Aztec warriors subsisted on the Chia Seeds during their conquests.

Chia Seed (pronounced, chee-a), was and is also a traditional food of the Tarahumara and Chumash people who live in and around the Copper Canyon area of Chihuahua, in the northwestern part of Mexico. They roast, crush, and mix the seeds with water to make a Gel, which give them a concentrated source of food energy. They call this mixture their running food.

Other Indians, running from the Colorado River area to the California coast to trade turquoise for seashells would only bring Chia Seeds for their nourishment.

Chia is familiar to most of us as a seed used for the novelty of the Chia Pet™, clay animals with sprouted Chia Seeds covering their bodies. What many nutritionist, health care providers, and the general public have overlooked is the fact that Chia Seeds have extraordinary nutritional value and medicinal properties.

As a historical note; these tiny seeds were once valued so much that they were used as currency.. The Chia plant is an attractive 4 - 6 ft. shrub, which bears spikes of vibrant blue flowers in the summer.

Introduction

First, I'd like to take a moment to look at other aspects not traditionally (in modern times) related to health and diet, and how they can influence a person's health.

In roughly the last twenty years, there has been a resurrection in the definition of medicine, a resurrection that amplifies the significance of our eating habits and our lifestyle. In this shift, we are rediscovering these facts; diet and lifestyle can be used for the prevention of illness and disease. I say, "rediscovering" because these same truths have held true since Hippocrates time. I believe he saw these same conditions when he declared; *"Let your medicine be your food and your food be your medicine"*. What I find fascinating is the fact that Hippocrates made this statement well over 2000 years ago and it still holds true today.

Now lets look at how a good measure of laughter, reasonable amounts of exercise, and a balanced diet (a reasonable combination of raw and processed foods) can become preventive medicine.

Laughter

Laughter can be your medicine. Researchers have recorded proof that laughter can boost the immune system. I have read several papers showing laughter as being an important factor in helping people overcome depression, chronic fatigue syndrome (CFS), cancer, etc. I can't help but feel this is one of the most overlooked breakthroughs in modern research.

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Page One

Exercise

Several years of research have demonstrated the importance and value of exercise. There is no question about it being good medicine for the cardio-vascular system. It also improves muscle toning, flexibility, expelling of toxins, and for giving a feeling of well being (endorphins). Please note; it is not necessary to have special clothes or footwear to exercise. These items are nice to have; however, they don't contribute to your quality of health. Exercise machines are also nice to have and they often make attractive clothes hangers. You don't have to have any of these items to exercise. Desire, discipline, and a simple exercise program that fits your needs are your most important ally in this effort.

A Positive Attitude

To express a positive attitude towards life is not only good medicine for you, its good medicine for those in contact with you. How does a person learn to express a positive attitude towards life? There are several techniques available today in the growing field of psychotherapy. My suggestion is to become familiar with Emotional Freedom Therapy (Energy Psychology). EFT is the most positive process I've been able to bring into my life in a long time. It has helped me create a new attitude towards my life that is positive and non-judgmental. I was able to accomplish this without changing any other condition or situation (my loved ones, my friends, where I live, or my work) in my life.

Diet

Lastly, the most important medicine for the prevention of illness and disease is the diet. Focusing on these areas; laughter, exercise, a positive attitude, and your diet can help to stimulate and strengthen the immune system. A strong, resilient immune system is a vital component of a happy and healthy life.

Is Changing Your Diet Completely A Must...?

"No". This question of what might be a better diet can, at times, be emotionally charged. This is true because many people already have a significant emotional commitment to their present choice of nourishment. For this reason, making major changes in your diet may not be in your best interest. (The one exception would a diet composed exclusively of processed carbohydrates.) Instead, I encourage you to try adding Chia Seeds to your present diet and experiment with various recipes. It's quite possible you can achieve your goals without turning your life upside down. In this area, everybody is different and trial and error has proven to be the best approach. Why do I believe Chia Seeds offer a reasonable approach?

- 1.They can be included in your diet without making major changes in your eating habits or your recipes.
2. They can be eaten "raw" and they don't require becoming accustomed to a new taste.
3. They are high in soluble fiber. In the up coming paragraphs are some facts to support my position.
4. Adding Chia Seeds each meal enables you to maintain your normal volume of food with fewer calories.

Diet Related Deaths in the United States

Since research has become an observable factor in our society, I'd like to point out some sobering statistics relating to diet. Reading this summary of research done over the past few years brings home a point that is difficult to disregard. This research has revealed that more than two thirds of all deaths in the United States are diet related. More than 50% of these deaths are caused from coronary occlusion, or blockage of

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the blood flow to the heart and/or the brain. These are all preventable deaths according to the *Journal of American Medical Association* (AMA). The Journal also published this conclusion in 1961; "All coronary occlusions can be eliminated by 97% through a vegetarian diet."

Here is some more research that doesn't get very much attention. It is a fact that fourteen hundred American's are dying of cancer every day. In the prestigious journal, *Advances in Cancer Research*, they concluded, "At present, we have overwhelming evidence... (that) none of the risk factors for cancer is...more significant than diet and nutrition."

Why is "Raw" important?

Whenever enough heat is applied to any monounsaturated or polyunsaturated fatty acid, it changes from a "cis form" to a trans form (a detailed study of what happens can be found on our web site at; www.dancingalgae.com/essentialbalanceoil.html). When the body is forced to use trans fatty acids because of a lack of essential fatty acids in the diet is where problems can begin.

The American Heart Association has put polyunsaturated fatty acids (PUFA's) at the top of the list for the last ten years stating; "they are absolutely essential to good health".(1) The AHA's number one interest is preventing heart disease. To do this they encourage everyone to get an adequate supply of linoleic acid in their diet. Chia Seeds can provide this when they are eaten in the raw form.

Why A High Fiber Diet?

One reason would be to improve the amount of soluble fiber in your diet. "A high fiber diet has been shown to relieve everything from constipation to heart disease. Research also suggests it can play a powerful role in controlling blood sugar."¹ This increase in soluble fiber slows down the conversion of carbohydrates to sugar. With the presence of high amounts of soluble fiber in the digestive track, digestion is slowed down and the body is able to produce the insulin fast enough to prevent the familiar sugar highs and lows normally experienced with eating these foods.¹ Now lets examine the Chia Seeds up close.

Fresh Chia Seeds are a rich source of Hydrophilic Colloids.

Hydrophilic colloids, (a watery, gelatinous, glue-like substance) form the underlying elements of all living cells. The importance of this fact cannot be over emphasized. Chia Seeds posse the property of readily taking up and giving off the substances essential to cell life. The precipitation (destruction) of hydrophilic colloids brought about during food processing can be a major factor in causing cell death.

Another important feature of Chia Seeds is their ability to hold up to twelve times their weight in water. This feature offers a person the ability to prolong hydration. Fluids and electrolytes provide the environment that supports the life of all the body's cells. The Chia Seeds concentration and composition are regulated, by the abundance of soluble fiber, to remain as constant as possible. With Chia Seeds, you also retain moisture; regulate (bowel movements) more efficiently; and the bodies absorption of nutrients and body fluids is constant. Because there is a greater efficiency in the utilization of body fluids, the electrolyte balance is maintained.

Example: Fluid and electrolyte imbalance occur when large amounts of fluids are lost as the result of vomiting, diarrhea, having a high fever, or more commonly from excessive sweating. The loss of extra

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cellular fluid occurs in these conditions. Intercellular fluid then shifts out of cells to compensate, causing an abnormal distribution of electrolytes across cell membranes. The result can be cellular malfunction. Retaining and efficiently utilizing body fluid maintains the integrity of extra cellular fluids; this also protects the intercellular fluid balance. The results can ensure normal electrolyte dispersion across cell membranes (electrolyte balance). This allows the body to maintain its fluid balance, resulting in normal cellular function.

The foods we eat, in the raw state, consist largely of hydrophilic colloids. Cooking on the other hand, precipitates the foods colloidal integrity. This change in the colloidal state alters the hydration capacity of the food. What does this mean? Basically, it means that the more cooked food included in the diet, the less the body is able to depend on hydrophilic colloids to maintain cellular balance. This condition can also interfere with the bodies ability to absorb digestive juices. Uncooked foods contain sufficient hydrophilic colloids to keep gastric mucosa in the proper condition. But even when eating raw foods, they must first be partially broken down by the digestive juices. This is where the importance of chewing your food comes into play. All digestion begins in the mouth (digestive enzymes) and continues through the upper intestinal tract, to allow the gelatinous reaction to take place.

Because of this upper GI tract digestive process, those who suffer from slow digestion, gas formation, relaxed cardia or heartburn in which the burning is due to organic acids, rather than an excess of the normal hydrochloric acid, are usually restricted from eating raw foods. This condition can also frequently accompany chronic inflammation affecting such organs as the heart, lungs, gall bladder and appendix. When a hydrophilic colloid is incorporated with these foods, this condition may be alleviated.

The patient with gastric agony or nervous indigestion who complains of heartburn and/or vomiting four to five hours after eating is often helped because of the Chia Seeds ability to slow down digestion. There is a lessening of emptying time in the stomach and an improvement in gastric tone. This can also lessen the need for a strict dietary regimen for some people

There are several other hydrophilic foods available that offer these natural benefits. They are; cactus juice, beet juice, agar, edible seaweeds, and many proprietary preparations, which include silica gels, mucilaginous substance of vegetable origin, and are among colloids that have proven to be effective. Each one of the above mentioned substances have one or more drawbacks. Most of these items are either expensive, or they may produce toxic side effects. Many of them also have a bad taste. Some of them are not readily available during certain times of the year. Some have insufficient hydration capability, and some are almost totally indigestible. Adding fresh, organic Chia Seeds to the diet avoids all of these concerns.

Chia Seeds offer greater dietary flexibility.

Chia seeds may be used in conjunction with almost any diet the doctor or nutritionist feels is necessary for the client. The Chia Seeds hydrophilic colloidal properties aid the digestion of any foods contributing to a patient suffering from a sour stomach. Even if a person has sensitivity to certain foods, they may be tolerated with less, and in some cases, no discomfort when a hydrophilic colloid is made a part of the diet.

The positive effects on the digestion of nutrients in the upper portion of the gastrointestinal tract often lead people to puree their foods. They are seeking the benefits of hydrophilic colloids. Adding Chia Seeds to the diet may enable them to eliminate the necessity for pureeing. Even raw vegetables, green salads and fruits, which are restricted, may often be offered to these people with little or no discomfort.

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Exactly why this is true may be puzzling; however, when we consider the possible effect of irritation on the nervous system in the gastrointestinal canal in this situation, it is reasonable to consider the fact that a less violent, slower, and a more balanced digestion may be able to quell the activity of the otherwise hyperactive gut. It is not unusual for a client to find these same foods, which formerly produced irritation, may frequently be continued without harm. Introducing hydrophilic colloids seem to offer a logical explanation when the client is able to find relief from this nervous irritation.

Chia Seeds offer improved regularity

The change a person experiences in the lower gastrointestinal tract when adding Chia Seeds to their diet is due to the increase of hydrophilic colloids in the digestive tract. This also explains the improvement in digestion that is taking place along the entire GI tract due these physiochemical improvements. The result is better assimilation of food and enhanced nutritional absorption while significantly extending necessary hydration. Improvements in regularity are a natural consequence of these changes.

Mix a teaspoonful of Chia Seeds in an 8 or 10-ounce glass of water and leave it for approximately 30 minutes. When you return, you will have a glass full of gelatin (Chia Seed Gel). This gel-forming reaction is caused by the soluble fiber content in the Chia Seeds. Researchers believe this same gel-forming phenomenon takes place in the stomach when foods containing these gummy fibers, known as mucilage's, are eaten. The gel that is formed in the stomach creates a physical barrier between carbohydrates and the digestive enzymes that break them down, thus slowing the conversion of carbohydrates into sugar. In addition to the obvious benefits for diabetics, this slowing down in the conversion of carbohydrates to sugar offers the body the ability to improve its endurance. Prolonging their conversion into sugar stabilizes metabolic changes, diminishing the surge of highs and lows, creating a longer and more constant duration of energy.

Chia Seeds are dieters Dream Food.

Fresh, organic Chia Seeds are an effective food extender and calorie displacer: The optimum ratio of water to seed, for most recipes, is 9-parts water to 1 part seed. One pound of Chia Seeds will make 10 pounds of Chia Gel. I believe that because Chia Seed Gel displaces rather than dilutes the food it is added too, it can create more surface area and actually enhance the flavor of some foods. Chia Gel can also work as a fat replacement for many recipes. It can be used as a fat substitute in baked goods, breads, cookies, chocolate chip cookies, muffins, rolls, cakes, corn bread, home made corn and flour tortillas. Add Chia Seed Gel to anything you wish to reduce calories and saturated fat without compromising sensory appeal. I also encourage you to replace the refined sugar in your recipe with such products as Stevia and/or Xylitol.

Chia Seeds have a high Essential Fatty Acid (EFA) content..

Another unique quality of organic Chia Seed is its high lipid (fat) content. Chia Seeds provide a rich vegetable source of essential omega-3 fatty acids. They have approximately three to ten times the oil concentrations of most grains and one and a half to two times the protein concentrations of many other grains. These lipids, unsaturated fatty acids, are essential oils your body needs to help emulsify and absorb the fat soluble vitamins, A, D, E, & K. When there are plentiful amounts of alpha-linolenic acid sufficiently supplied to the body through the diet, docosahexaenoic acid (DHA) and arachidonic acids (AA) can be synthesized from linolenic acid.

Unsaturated fatty acids are important for respiration of vital organs and to make it easier for oxygen to be transported by the blood stream to all cells, tissues, and organs. They also help maintain resilience and lubrication of the cells and combine with protein and cholesterol to form the living membranes that comprise the cell wall.

Unsaturated fatty acids are essential for normal glandular activity; this is especially true of the adrenal glands and the thyroid gland. They also nourish the skin and are essential for healthy mucus membranes and nerves. The unsaturated fatty acids function in the body by cooperating with vitamin D to make calcium available to the tissues, assisting in the assimilation of phosphorus, and stimulating the conversion of carotene into vitamin A. Fatty acids are related to normal functioning of the reproductive system. Chia seeds contain beneficial long-chain triglycerides (LCT) in the right proportion to reduce cholesterol on arterial walls. The Chia seeds are also a rich source of calcium as they contain the important mineral boron, which acts as a catalyst and is required for the absorption and utilization of calcium by the body.

Chia Seeds Help Build Muscle

Chia Seeds are a natural source of the nutrients needed to build and restore muscle and tissue. Because of their physiochemical properties, they are able to support effective digestion, which is primary to cellular regeneration.

As a source of protein, the Seeds, after ingestion, are digested and absorbed easily. This results in a smooth transport of nutrients to the tissue for utilization by the cells. This efficient assimilation makes the Chia Seeds very effective when development of tissue is needed; primarily during growth periods of children and adolescents. This feature can also be important for the growth and regeneration of tissue of a woman during pregnancy and lactation. I believe the qualities found in the Chia Seeds can also be of interest to all athletes, from runners to weight lifters, and all the other people in between.

Making Chia Gel

To make Chia Gel, slowly add one third cup (2 oz.) of Chia Seeds to two cups of clean (distilled) water, stir or shake the seeds well to prevent clumping several times during the first few minutes (3 to 5 minutes), then place them in the refrigerator in a sealed jar (quart glass canning jar works great). Soaking the seeds at least 4 to 6 hours (one hour will work; overnight works the best) before use will help to neutralize the enzyme inhibitors in the seeds and offer you a more nutritious product. Mix only what you'll use in 7 days.

Note: The fresher the Chia Seed Gel, the better. The basic formula is: 1 oz. Chia Seeds + 1 cup clean (distilled) water or 2 ounces of Chia Seeds (1/3 cup) to 16 ounces (2 cups) of clean (distilled) water. Why do I suggest you use distilled water? With the rising level of chemicals and other pollutants in our water today, distilling the water is the most positive step a person can take to insure the cleanliness of the water they are using.

You can add the Gel to jams, jellies, hot or cold cereals, yogurts, mustard, catsup, tarter sauce, BBQ sauce, etc. Add the Chia Gel to any of the non-bake mentioned foods, mix well and taste to suite your needs. Use them as a fat replacement, for energy and endurance. For great taste and fewer calories in your breads, substitute the Chia Gel for the oil in the recipe. Top your favorite bread dough before baking with Chia Gel (for toping on baked goods, breads, cookies, piecrust, etc., decrease the water ratio to 6 parts water to 1 part Chia Seeds or one-third cup Chia Seeds to 12 ounces of water) for added shelf life

Healing With Chia Seeds

There are additional benefits from the Chia Seeds aside from the nutritive qualities when used as an ingredient. The Indians and missionaries of the early days used the Chia Seeds as a poultice for gunshot

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wounds and other serious injuries. They would pack the wounds with Chia Seeds to avoid infections and promote healing. If you place a seed or two in your eye, it will clean your eye and will also help to clear up any infection. Chia Seed Gel can also chase away heartburn in a matter of seconds. Just swallow one or two tablespoons of the Gel, that's what I do when I slip up and go overboard with the hot stuff (hot peppers).

Seed Foods and Cancer Prevention

Protease inhibitors are found in varying amounts in all seed foods. According to the research that has been done by Dr. Troll, Ph.D., professor of environmental medicine at New York University. His research has demonstrated these are effective methods for people to treat themselves in a non-toxic way to prevent cancer using seed foods. The key to this is the high content of protease inhibitors present in these foods. Protease inhibitors have the ability to attack and destroy free radicals that show up in the cell. They are a bit different than other anti-oxidants, yet they function in about the same fashion..

It's almost impossible to avoid the toxins that can cause cancer today. They are in our food, our water, and in the air we breathe. Dr. Troll says; "Even if the oncogenes are triggered, the protease inhibitors do some of their best work in keeping malignant cells from multiplying and spreading." Cancer prevention is another good reason to include Chia Seeds in your daily diet. I believe this is one of the most powerful and amazing foods to be introduced to us in a long time. I encourage you to read James Scheer's book on Chia Seeds.

References; The Magic of Chia, James F. Scheer

¹James W. Anderson, M.D., professor of medicine and clinical nutrition at the University of Kentucky, College of Medicine in Lexington.

* When using filtered water, be sure you know the exact size of the Finale Filter in your appliance. Many water filters on the market today have a 20 micron Finale Filter that does not provide much protection against contaminant's. I encourage you to only use filtered water with the Chia Seeds if your water filter has a 1 micron Finale Filter. Distilled water is the cleanest water you can use.

Ordering Fresh, Quality Organic Chia Seeds

We find that because Chia Seeds are fairly easy to store and keep over an extended period of time, there are a lot of these seeds on the market that are not fresh. The reason for concern is the popularity of the Chia Pets™. At one time, a market was developed for Chia Pets to allow farmers some way to turn the Chia Seeds left over from previous harvest in to cash and I think they had a clever idea. For the most part, many of the seeds were rancid and not fit for human consumption; however, growing them in the clay pots posed no health risk and gave the farmers another way to produce income.

With the popularity of Chia Seeds growing everyday, it's important to know how to distinguish fresh seeds from rancid seeds. The testing procedure is simple: Place a small amount of Chia Seeds in about one or two ounces of clean (distilled) water and stir. Allow the seeds to set for 30 to 40 minutes. If you can smell any foul or rancid odor, or if the distilled water fails to remain clear and with any taste other than the water itself, the seeds you are testing may be rancid and not fit for human consumption.

Our certified Organic Chia Seeds are certified clean and guaranteed fresh. If you ever find any of our Chia Seeds not passing this test, simply give me a call. I will ship a replacement order, shipping prepaid, to you within 24 hours or less. I feel comfortable making this guarantee because I test each shipment myself and my Chia Seeds come from the same shipment as I send to you, my customers.

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Page Seven

Pick up Chia Seeds at the office (by appointment only) or they can be ordered by mail (USPS), by e-mail, on the web, or by phone. Order forms are available at our web site (www.dancingalgae.com/contactus.html).

1 lb. bag of Fresh Organic Chia Seeds.....\$17.95
Plus Shipping and Insurance

5 pounds of Fresh Organic Chia Seeds.....\$44.95
Plus Shipping and Insurance

10 pounds of Fresh Organic Chia Seeds.....\$79.95
Plus Shipping and Insurance

20 pounds of Fresh Organic Chia Seeds.....\$139.95
Plus Shipping and Insurance

For prices on bulk orders of 60 lbs or more, please give us a call.

Note: All of our Chia Seeds are shipped in 1-lb or 5-lb food storage bags - Then they are enclosed in an outer plastic bag that is heat-sealed. This process helps to protect the Chia Seeds from any moisture, bugs, etc. We suggest you store your Chia Seeds in a dark, cool area.

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