



REVIVAL OF AN ANCIENT WONDER FOOD GIVING US
A WHOLE FOOD SOURCE OF ENERGY AND SOLUBLE FIBER

Chia Seeds contain five times the calcium of whole milk.

In two ounces of Chia Seeds, there are an average of 600 milligrams of calcium.
In 2 ounces of milk there are about 120 milligrams of calcium.

Chia Seed is rich in Boron, needed for bone strength.

Boron is needed to aid in the metabolism of calcium, magnesium, manganese, and phosphorus in bones, and for muscle growth. Boron can also increase natural estrogen.

Chia Seeds contain higher concentrations of alpha-linolenic acid (omega-3 & omega-6) than any other seed or grain (including flax seed). This substance can help lower the risk of heart disease, blurred vision, and numbness.

Chia Seeds contain all the essential amino acids.

Chia Seeds are approximately 20% protein, twice the protein of comparable grains.

Chia Seeds contain trace amounts of all the B vitamins.

Chia Seeds also contain protease inhibitors - a valued aid in cancer prevention

Chia Seeds are a good source of soluble fiber.

A great addition to the diet for weight loss. Plus, Chia Seeds are extremely high in fiber.

Research is being conducted to show how Chia Seeds may prevent and /or overcome Type 2 (non-insulin dependent) diabetes.

Reference: The Magic Of Chia, an Ancient Wonder Food by James F. Scheer
Dr. Walter Troll Ph.D., Professor of environmental medicine, New York University, p.55.

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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Some History On Chia Seeds

Chia seeds (*Salvia Hispanica* L) are the traditional food of the Tarahumara and Chumash Indians who live in the Copper Canyon area of Chihuahua, in the northwestern part of Mexico. They roast the seeds, crush them, and mix them with water to make a gel which contains a concentrated source of energy..

In 1997, a 52 year-old Tarahumara Indian, Cirido Chacarito, won the Nike-sponsored 100-mile run in California. He beat the field of hundreds of competitors with more than a half-hour lead, wearing only his home-made tire tread shoes. He used Chi Seeds as a source of energy for this run. It was the practice of his people, at one time, to run down wild animals to the point of exhaustion, for food. These are the same people who ran from the Colorado River to the Pacific Ocean to trade turquoise for shells, carrying only a pouch of Chia Seeds and water for nourishment.

Nutrient Contents Of Chia Seeds

The protein content of Chia Seeds runs from 19 - 23%. The protein and amino acids of Chia Seeds have no limiting factor in the adult diet. They contain a complete protein source having all the essential amino acids in the appropriate balance.

Chia seeds are also a good source of B vitamins, plus calcium, phosphorus, potassium, zinc, boron, and copper.

Fat content is from 32 - 39%. 60 - 63% of the fat is in the form of alpha-linolenic acid. Alpha-linolenic acid is an essential fatty acid that, in the human body, acts as a substratum for the transformation into EPA and DHA through action of desaturation and elongation enzymes. The seeds also contain some omega-6 essential fatty acids. The ratio of omega-3 to omega-6 EFA's is 3 :2. With the average diet in this country (USA) containing a ratio of 25 :1 of omega-6 to omega-3, this can be a welcome change for the body.

To my knowledge, there are no identifiable carbohydrates in Chia Seeds. What really makes Chia Seeds a great addition to anyone's diet is the fact that they have the ability to absorb 9 to 11 times their own weight in water. The outer layer of the Chia Seed is rich in mucilloid soluble fiber. When Chia Seeds are mixed with water or stomach juices, a gel forms around the seed that crates a physical barrier between the seed and the digestive enzymes that break them down. The seed is eventually digested, but at a slower and much more uniform rate. The water-retaining ability of the gel also helps to level out the water intake and retains electrolyte balance.

Ways to make Chia Seed Gel: 1/3/Cup (2 oz)/60 grams of Chia Seeds + two cups/500 ml of clean water, or 1 oz/30 grams of Chia Seeds to one cup/ 250 ml of water (distilled). Mix well for 3 to 5 minutes to avoid clumping. A wire whip works great. Place in a jar with a tight lid and store in the refrigerator for 4 to 6 hours (overnight). You can add the Chia Seeds to any dish. They will not affect the taste of the dish unless they equal more than 20% of its volume. Mix only what you will use in 4 to 5 days. The fresher they are the better. You can also add them to a fruit drink or smoothie. I encourage you to play with them; experiment.

As a digestive aid: use 2-3 tablespoons of Chia Gel with or after a heavy meal; works great For heartburn: take 2-3 tablespoons of Chia Seed Gel as soon as possible. This will help to sooth your stomach.

Reference: *The Magic Of Chia, an Ancient Wonder Food* by James F. Scheer Dr. Walter Troll Ph.D., Professor of environmental medicine, New York University, p.55.

16 oz. bag; \$17.95, 1-5 lb. bag: \$47.95, 2-5 lb. bags: \$84.95, 4-5 lb. bags: \$149.95
Please visit: www.dancingalgae.com or give us a call (719-477-0964 or Toll Free 866-477-0964).