



## ALL ABOUT CHIA

There are many reasons why Dr. Malamud considers chia to be a “**superfood**”, and that is why we offer it for sale at the Center for Health and Vision. Chia seeds are very low in cholesterol and sodium, and are an excellent source of calcium, phosphorus, boron, and other essential minerals, necessary for strong, healthy bones. They are also high in B vitamins and antioxidants. They are packed with proteins, complex carbohydrates, and healthy fats—chia contains almost 5 grams of healthy Omega-3 fatty acids per ounce, the largest proportion of any plant-based food, and 10.6 grams of dietary fiber per ounce. Chia seeds are gluten-free, cholesterol-free, and sugar-free—a TRIPLE bonus! Chia seeds can help with the symptoms of thyroid problems, such as dry skin and hair, lack of energy, thyroid weight problems, and colon issues. They have also been shown to reduce markers for inflammation by as much as 30%.

**CHIA SEEDS FOR EYE HEALTH:** Chia exhibits a very favorable Omega-3 to Omega-6 ratio of 3 to 1. Because chia contains very high levels of Essential Fatty Acids (EFAs) and antioxidants, Dr. Malamud recommends it for all-around ocular, retinal and macular health. It is very beneficial for healthy tear production, the macula and retina, and the lens system of the eye. Chia also contains an extremely high percentage of the Omega-3, ALA (alpha-linolenic acid). Dr. Malamud recommends chia as an important component of his Holistic Treatment Program for patients with Macular Degeneration, dry eye, and to help minimize Diabetic Retinopathy.

**CHIA SEEDS FOR DIABETIC CONTROL AND WEIGHT LOSS:** Chia is a **nutritional superfood bullet**, with an even higher antioxidant (ORAC) value than blueberries. The high fiber content keeps you feeling full and satiated; you therefore tend to eat less. It is also an excellent appetite suppressant. The fiber in chia slows down the conversion of carbohydrates to sugar, and the conversion of sugar to fat. This provides benefits to both dieters and diabetics, because it helps your blood sugar level become stabilized, making your insulin more efficient at doing its job. The major cause of Type 2 diabetes is insulin inefficiency and insulin resistance. In addition, because chia contains a balanced blend of protein, complex carbohydrates, healthy fats and fiber, it helps boost energy and metabolism, promotes lean muscle mass, lowers blood cholesterol, and stabilizes blood sugar. One ounce of chia has a Glycemic Index of 1.0, and contains soluble and insoluble fiber. Because of the high levels of fiber and healthy oils, chia is a great addition to a detoxification program.

**CHIA SEEDS AND EXERCISE:** Chia seeds are excellent to use before a workout—prior to an exercise routine, running, walking, etc. When you drink chia seeds mixed with water before and during your workout, it provides hydration, protein, complex carbs, and healthy fats; this helps boost your energy level and stamina, and helps maintain electrolyte balance. This in turn helps boost body metabolism, increases fat burning, and promotes the production of lean muscle mass.

**CHIA SEEDS AND HEART HEALTH:** Chia contains the largest proportion of healthy Omega-3 fats of any plant-based food. Because of its high fiber content, it has been shown to reduce cholesterol and blood pressure, which promotes heart health.

**CHIA SEEDS AND DIGESTION:** Because chia contains large amounts of dietary fiber (both soluble and insoluble), it contributes to a healthy digestive tract and digestive function. Chia is also a prebiotic, which encourages beneficial “gut” bacteria. A diet high in fiber has been shown to reduce the incidence of colon cancer. When chia becomes wet, it forms a gel; this gel coats the stomach lining and digestive tract. This gel also soaks up carbohydrates and fats, and helps slow absorption of calories.

**CHIA GEL:** Using a pint glass jar, put 1/3 cup chia seeds, then fill with water almost to the top, stir, let sit for 10 minutes, stir again, and store in the refrigerator for approximately 2 weeks. The gel can be used as a thickener in sauces, and as a spread on sandwiches. Chia gel helps keep your body hydrated, and is 90% soluble fiber; this soluble fiber forms a wall between carbohydrates and the body, releasing them slowly into the body. This has been found to be helpful in keeping blood sugar levels stable.

**CHIA FLOUR:** To make chia flour, place chia seeds in a coffee or herb grinder, and grind until seeds are the texture of flour. Store in the freezer or refrigerator. You can experiment with replacing white flour with chia flour part for part ( ½ cup chia flour = ½ cup white flour )

**CHIA SEED STORAGE:** Chia seeds will store in a sealed container for over one year, without losing potency; chia gel will keep up to 2 weeks **in the refrigerator**. Because of the high level of anti-oxidants, they do not go rancid like flax and other seeds. Unlike flax, it is not necessary to grind the chia seeds for them to be digested, and to get the nutritional benefits. Also, chia does not contain Vitamin B antagonists, toxic glycosides, or other anti-nutritional factors. Even though the seeds can be stored at room temperature, Dr. Malamud recommends refrigeration.

### **SUGGESTIONS ON HOW YOU CAN USE CHIA:**

**DOSAGE:** Start with 1 teaspoon 3 times a day, and work up to 3 to 4 tablespoons a day. If using the seeds, be sure to drink and hydrate often—the seeds will absorb over 10 times their weight in water, making them a great enhancer in body hydration. They absorb the water we drink, holding it in our system longer.

**Chia seeds can be added to just about any food—BE CREATIVE!!**

Some ways we use chia:

In tea, water, coffee, juice, or any drink

Spaghetti Sauce

Yogurt

Applesauce

Cole Slaw

Potato Salad

Green Salad

Salad Dressings

Any type of soups, sauces or stews

Salsa

Sandwich spread (as gel)

Sprinkled on top of fruits or vegetables

Pudding

Oatmeal or Cream of Wheat

**\*\*Check our website for new recipes—we are adding new recipes as we develop them!\*\***

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