



Chia and general health

Whilst much has been written about Chia Seeds and improved athletic performance, for example greater endurance, stamina and increased circulatory and reduced blood pressure. I would argue that these improved health benefits would also be desirable to you and me (The general public).

So where do we start?

Firstly, look around yourself, not a day goes by when some movie star, fitness guru, or other celebrity release a newspaper article, radio message or tweet informing us of their latest 'Health kick'. There have been many more recently, explaining the benefits of Chia in the their workout.

The benefits they list include:

Lower blood pressure

Greater hydration (Chia can absorb between 9 and 12 times its weight in liquid – therefore requiring less fluid intake whilst training, or running)

Help in weight loss (Taken with a drink or swallowed dry and then having a drink – the chia seeds absorb the liquid and you feel fuller).

Chia seeds has very high fibre content (Good for the colon)

Chia seeds is extremely high in protein (Important for muscle repair, body building and recovery after exercise)

Chia has very high concentrations of OMEGA oils in the right ratios (More than Cod Liver Oil).

Chia improves endurance, stamina and general well being.

These are just a few of the claims the celebrities and others use to announce their use of Chia.

If that is the case and they can see the benefits of using chia in their diet, fitness regime, why don't we! Chia is not an expensive food item to buy! It is readily available around the world and because it has no strong taste of its own (Slightly mild nut flavour), it can be added to almost anything you eat or drink.

I have tried Chia with yogurt, in home made bread, soups, peanut butter, fruit drinks and smoothies. There are endless ideas for having chia and adding it too food and drinks. (Possibly, in a future article I will create a small sample recipe list to expand on the ideas stated above.)

Chia seeds are convenient and easily transportable, all you need is a couple of spoonful's in a small bag, envelope and add water or other fluid. Or if you prefer, the thicker Chia drink, pre mix a couple of table spoonful's in ¼ pint of water or fruit drink, shake regularly or stir for about five minutes and the chia seeds begin swelling, absorbing the liquid. Place in the fridge or drink immediately, I prefer mine chilled! Some of my friends do not like chia when it is in the thicker state, but try it first see if you like it – atleast it will show you how it bulks up and makes you feel fuller.

It has been stated that Aztec runners carried a small bag of chia and ran all day on a few spoonful's. I think if we all try hard this could really help us with our weight control, along with other 'superfoods'; chlorella, spirulina, Linseed (Flax), beetroot, Maca root (Red Maca), wheatgrass and barleygrass, used appropriately these can and will be able to keep us the 'Joe average' healthy and you never know – we could become more athletic, increase are training and benefit like the sports stars and celebrities, either way increased endurance and stamina will help us to look after our families, take a more active part in our communities and live a more productive and sustainable lifestyle! Enjoy Chia – I do!

