



Chia Seeds

Chia seeds have an impressive number of antioxidants, as well as substantial amounts of fiber and protein, making it a superfood! Adding chia seeds to your day provides numerous benefits, including brain-boosting omega-3 fatty acids, vitamins, and minerals.

Chia “goo” is very easy to make and is something that you may use to take your medications and supplements with on your fasting days.

There are lots of recipes out there for the ratio of chia seeds to water, but experiment with making the consistency that you like best. It’s important to note that chia seeds can expand up to 10 times their volume, absorbing both the liquid and the flavor that they’re sitting in. So, do not take a teaspoon of dry chia seeds as they can expand in your throat; let them soak in water or another liquid for 10-15 minutes before ingesting. The more chia seeds you add, the more liquid you need. If you add more chia than liquid, some of the seeds will remain raw and crunchy.

They are great in many recipes from chia seed puddings to mixing with flaxseed and added to your homemade, sugar free Bar-B-Que sauce. If you freshly grind your own chia seeds, you do not diminish their beneficial effects.



Coach Lisa Chance, RN makes a “Chia Water” as a fasting aid of 1 tablespoon of chia seeds in 8 cups of water; stir as needed throughout the day. Coach & Doctor Nadia Pateguana, ND tells us that chia seeds help if you are experiencing GERD while fasting.

POPULAR “CHIA GOO” RATIOS

- 1 tablespoon to a little less than a 1/2 cup of water
- 1/4 cup chia to 1 1/2 cup water
- 1 3/4 tablespoons of chia seeds in 1 cup water

DIRECTIONS

Slowly pour chia seeds into the water while briskly mixing with a wire whisk. Wait 3-4 minutes then whisk again. Let stand for at least 15 minutes, or even 30 minutes. Seal the container and store the mixture in the refrigerator for up to two weeks.



Chia Seeds Continued

Megan Ramos tells us in a masterclass that chia seeds can help with loose stools. When we lower insulin - which goes along with a lower carb diet - our body begins to excrete that extra water through urination; however, if we can't process that much urine that fast, we will see loose stools when we're first new to fasting. One of the best strategies for combating these loose stools is to have one to two tablespoons of chia seeds - or psyllium husks. You take the seeds or the husks, add it to a glass of water, let it soak for 15-30 minutes, then drink it. Most people do this in the morning, just to prevent any issues happening later on in the day. Some people will take a tablespoon in the morning, and then again in the evening. In the worst case, people find themselves taking two tablespoons in the morning or two tablespoons in the evening. Now, usually the diarrhea or loose stools are only short term and goes away in the first week or two of consistent fasting.

Therapeutic effects of chia are scientifically established in the control of:

- ✓ diabetes
- ✓ dyslipidaemia
- ✓ hypertension
- ✓ inflammation

- ✓ laxative
- ✓ depression
- ✓ anxiety
- ✓ analgesic

- ✓ oxidants
- ✓ blood clotting
- ✓ vision improver
- ✓ immune improver



Resources:

[What can you have during a fast?](#) - By Jason Fung, MD & Megan Ramos

[Understanding Digestion: Why You Should Eat Carbohydrates with Fat, Fibre, and Vinegar](#) - IDM III - By Jason Fung, MD

[Nutritional and therapeutic perspectives of Chia \(Salvia hispanica L.\): a review](#) - in the *J Food Sci Technol.* 2016 Apr;53(4): 1750-1758.

["Chia: The Complete Guide to the Ultimate Superfood,"](#) by Wayne Coates, PhD.

