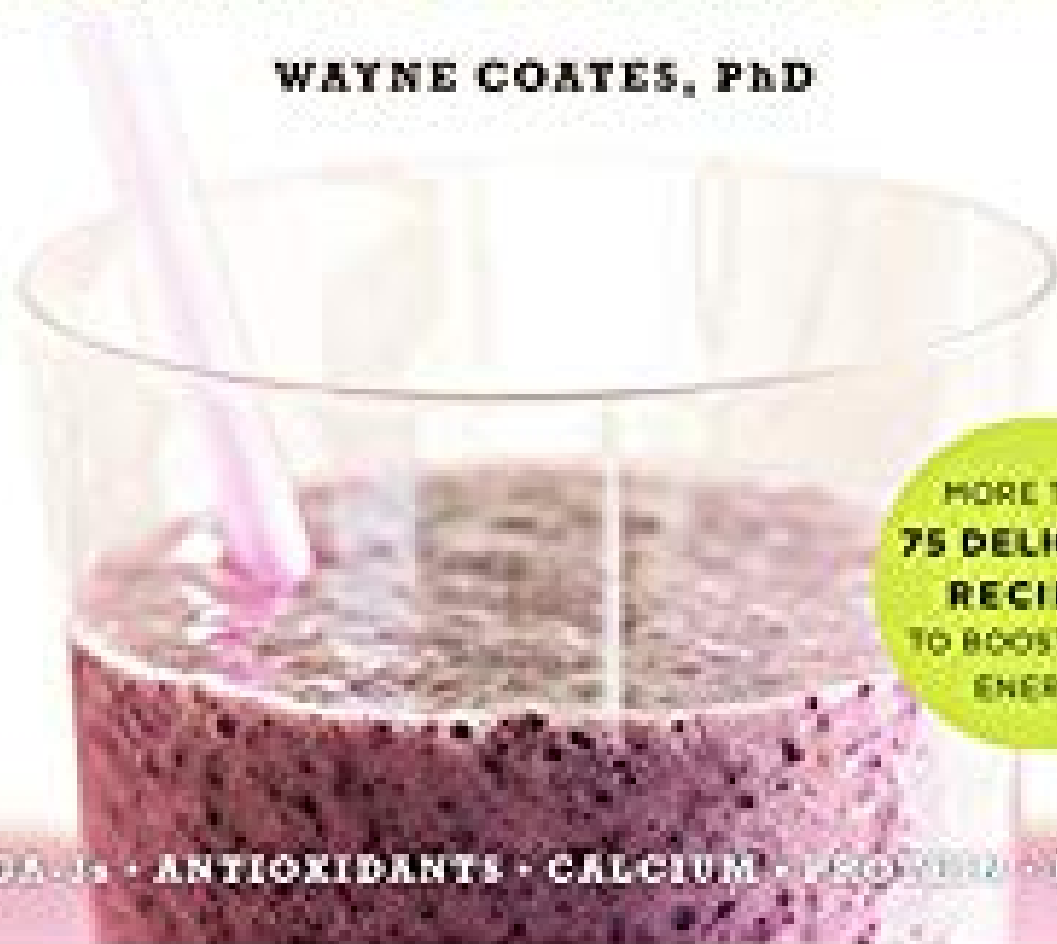


CHIA

The Complete Guide to the ULTIMATE SUPERFOOD

WAYNE COATES, PhD



MORE THAN
75 DELICIOUS
RECIPES
TO BOOST YOUR
ENERGY

OMEGA-3 • ANTIOXIDANTS • CALCIUM • PROTEIN • FIBER

Wayne Coates

Chia: The Complete Guide to the Ultimate Superfood (Superfoods for Life)



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For people attempting to lose weight and enhance well-being, it's just a little miracle: chia, a tiny seed that the Aztecs used for years and years as a super food, offers a complete way to obtain dietary protein with more omega-3 fatty acids than salmon and more fiber—but fewer carbs—than rice, grains, and corn. This definitive work covers the history and great things about chia, and features a comprehensive daily strategy for weight loss, plus delicious recipes! In fact, chia is normally a gluten-free natural appetite retardant that assists regenerate muscle tissue, sustain energy, and balance blood sugar.



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BUY ONLY FOR THE RECIPES The book is simply a recipe guide with chia seeds as the bottom ingredient. There is quite little empirical documentation (this is coming from a rational, free-spirit oriented one who craves empirical evidence and scientific proof also). This is a great book to show you how to use them in various ways. If you want a recipe reserve with tacked on common understanding of chia seeds, after that go ahead and buy this. However, it is NOT the complete guide. It is a brilliant food that top Marathronrunners make use of ever while running. Chia seed book Book filled with info. I purchase Chia every month via Amazon because it may be the lowest price to get the best quality. and reasons to use Chia seeds. 1 teaspoon for my cat, 1 tablespoon for my doggie, (gel) don't have any of the additional animals that may eat it, but my house animals love the stuff. I would recommend this reserve along with Chia Cookbook, both are great books for using Chia Seeds. Packed filled with information, initially I thought I was not going to enjoy it because most of the photos are black and white, with very few colored pictures, but the details makes up for this. Learn how to utilize it. However, there are several people who could have reservations about the info given in the reserve and will continue steadily to ask questions to get the truth. Owner deliver the item as promised and the price is reasonable. But that one I discover myself picking right up and reading everytime I have a few mins. There is no other meals with the benefits of Chia. Sorry to stage it out. Browse the book - it could change your life. Not recommended It's sort of hard to discern if the contents of the publication are true or simply sugar coated words in order to encourage you to definitely do the dietary plan. Well, if the reader is completely unknown to chia, that person might become mesmerized and think that everything created in the book holds true and that chia may be the only solution to diet plan problems. Buy this publication used. Because of this, instead of calling it a guide book to losing weight, I'd say it's more appropriate to call it a cookbook since there are a lot of information written generally there that appears dubious. Though, if the majority of the articles is doubtful, after that would that produce the book as a whole doubtful too? Good book to have Chia Book: Plenty of information regarding Chia seeds. Good publication to have. The product along with a low carbohydrate diet can switch your life. Filled with information and recipes I actually recieved two of the 3 books I ordered, this one I really like, the various other was a cookbook, and is great, also. It also has dishes for my pets, and other animals like chickens ect. Didn't really match this health craze. Get this one Excellent information and ideas Five Stars chia tghe complete instruction to the ultimate is great and helpful Chia Seed Recipese Book Chia seeds are saturated in the essential fatty acids. Then he consumes them beverages water and is full. Friend of mine places some in film containers and takes them on his travels. If you follow this mind-set, then look somewhere else for research. i really like this book i really like this book . very good information i never knew how much chia seed can help with medical issues and make you feel great about yourself



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