



## Chia Seeds

The Chia seeds were an important source of food for the Aztecs and the Mayans. Its nutritional value was reportedly recognized as long ago as 3500 BC.

In Mayan *Chia* means strength. The word reveals the ancient tribes' knowledge of the properties of the seed, which later the Aztec cultivated on massive scale in the planes of Mexico. The Mexican state of Chiapas actually means River of the Chia seeds.

The Aztec warriors fed on Chia seeds during their long journeys. When conquering a tribe they demanded tributes of Chia Seeds.

In times of peace, the Aztecs traded on Chia currency, a sign of the high energy, life sustaining value of the seed. They used the seed also to make beverages, cosmetics, body paints, and medicines for a number of ailments and as part of their ceremonial religious rituals.

Chia crops slowly vanished following the Spanish Conquest of Mexico replaced by European grains and vegetables. Fortunately, the Chia seed has been reintroduced as a crop through the Northwestern Argentina Regional Project and the world's research community rediscovered the lost knowledge of the Chia's amazing benefits to human health and nutrition.

The **Chia Seed** is one nutrient-packed little seed! It is the highest source of essential omega-3 alpha-linolenic acid found in nature. It contains more protein, higher energy levels and higher fiber concentrations than any other whole grain. It is an excellent source of calcium, phosphorus, magnesium, potassium, iron, and zinc. Adding just 2 tablespoons of chia seeds to your daily diet will give you approximately 7 grams of dietary fiber, 4 grams of protein, 205 milligrams of calcium, a whole list of vitamins and minerals, and a 5.2 grams of omega-3 that is about *5 times more omega 3* than you get in most supplement capsules.

