



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

*Wayne Coates*

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For people trying to lose weight and enhance well-being, it's a little miracle: chia, a tiny seed that the Aztecs used for centuries as a super food, provides a complete source of dietary protein with more omega-3 fatty acids than salmon and more fiber—but fewer carbs—than rice, grains, and corn. In fact, chia is a gluten-free natural appetite suppressant that helps regenerate muscle, sustain energy, and balance blood sugar. This definitive work covers the history and benefits of chia, and features a comprehensive daily strategy for weight loss, plus delicious recipes!



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