

Acid Reflux Symptoms – The Miraculous Chia Seed Remedy!

We've all seen those funny little clay animals that sprout hair when watered. They are covered in chia seed. They have been around for years and have become an American tradition. Who would have thought that those same tiny seeds would now be considered an important source of nutrition?

Chia comes from the Aztec word, "chian", which means oily. It is high in omega-3 fatty acid; in fact it has more than any other grain – even more than flax seed. It has the perfect omega-3 to omega-6 ratio. This unsaturated fatty acid is essential for most successful functions of the body.

Since 2,500 B.C. chia seed have been used as human food. Known as "the running food", these seeds were cultivated by the ancient Mayans and Aztecs. We are just now beginning to discover the importance of this grain.

Chia is loaded with calcium, boron and other necessary minerals; antioxidants, vitamins and fiber. It is a complete source of protein, with all the amino acids in perfect balance. It is indeed the perfect food. The ancient Aztecs valued chia to the extent that it was traded as currency. In those times anything which could increase endurance and control the appetite, was considered invaluable. It enabled them to sustain themselves on long hunting expeditions and war raids.

Chia seed has the ability to absorb approximately 12 times its weight in liquid. Because of this factor, it is a dieter's dream come true. If made into what is called "chia gel", it becomes a nutritious drink that fills you up, thus decreasing the appetite. To make this gel, simply add 1/3 cup chia seed to two cups of water. Stir well, breaking up any clumps and store in the refrigerator for twelve hours before drinking. You can store it there for at least two weeks. I make mine in a glass bottle with a tight fitting lid.

Drinking a third cup of chia gel at the onset of acid reflux can eliminate it for many people. Try drinking that much three times a day. It might prevent acid reflux from occurring at all. I know of people who swallow a teaspoon of raw seeds if they experience acid reflux. The seeds absorb the acid just as they do water. Of course you wouldn't want to ingest too much raw seed at a time unless you have a tremendous amount of acid... it might absorb your stomach. It is best to be conservative and find out what is effective for you.

Chia has other beneficial qualities, as well. It has a neutral taste. It is very easily digested and assimilated. It is soothing to the stomach and esophagus and it has healing properties. Like slippery elm, it is rich in mucilloid soluble fiber, thus allowing it to quell the burning pain of acid reflux in the esophagus and stomach. In ancient times the Indians used it to prevent infection and accelerate healing time, by packing the seed into open wounds.

Chia gel can be incorporated into many other foods without diluting flavor, while displacing fat and calories. It works brilliantly to enhance flavor while replacing fat. For these reasons, chia gel should be an important, if not vital, part of the acid reflux diet.

For breakfast it can be mixed with hot oatmeal, pancakes, and biscuits dough. It's delicious mixed into scrambled eggs. Ground chia seed can be used in baking bread or as a simple topping on many dishes. Use chia seed gel in yogurt, jams and jellies. Its great mixed into polenta, grits, smoothies and milk shakes. Try it in you favorite blended health mix drink.

Chia gel can be added to soups, salad dressings and even the stuffing that you put in a chicken. The possibilities are practically endless. Try introducing ¼ cup of chia gel into your favorite potato salad recipe, reducing the mayonnaise, in like. It can be used in many baking recipes as a substitution for fat.

Put it the kid's food. They will never know the difference, as it actually enhances the flavor of food. They will love it! Feed it to your dogs. I put it in my fourteen year old Jack Russell Terrier's food every day. Not only does he have better digestion and energy, he has better bowel movements. By the way, the F.D.A considers chia a food with an established history of safe consumption.

Chia gel slows the release of carbohydrates and their conversion to glucose (blood sugar). So, besides controlling acid reflux, loosing weight, increasing endurance, chia has the added benefit of reducing blood sugar and hypertension. Because of its high unsaturated fatty acid content, it can even help with prostate problems. I do not think anyone could go wrong by making chia seed a part of their every day life. Because of its incredible health-giving aspects, chia seed is the perfect food for everyone. It is certainly a Godsend for the acid reflux sufferer, in so many ways.

So try chia seed now. You have nothing to loose but a little weight. You could improve your digestion and overall health. It's certainly worth a try.

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