

*Get back to basics—
and reap the benefits—
with a forgotten food
of the ancient Aztecs*



CHIA



superior to other plant and marine
sources of omega-3 — low in
sodium — high in protein, lipids,
fiber, and antioxidants — fewer
carbs than most

other grains — valued
as an energy source for
athletic endurance



RICARDO AYERZA JR. & WAYNE COATES

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