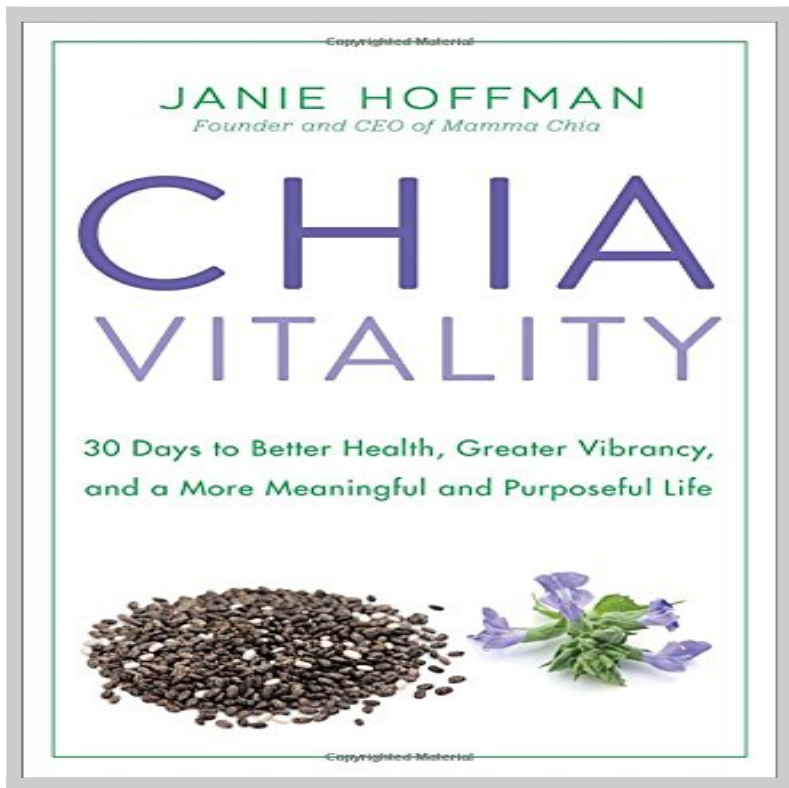


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Chia Vitality Vibrancy Meaningful Purposeful Book Preview

For centuries, chia seeds were revered by both the Maya and Aztecs for their amazing energy and natural healing powers. Today, it's no wonder that chia is one of the hottest superfoods around: Gram for gram, it has 70 percent more protein than soybeans, 25 percent more fiber than flaxseed, 30 percent more antioxidants than blueberries, 600 percent more calcium than milk, and is the richest known source of plant-based Omega-3s. Reaping the nutritional benefits of chia can be as simple as mixing a tablespoon into a smoothie or tossing it on a salad—but that is just the beginning!

In *Chia Vitality*, Mamma Chia founder Janie Hoffman shows

how integrating chia into your diet can boost your stamina, help you lose weight, and feel more alive than ever before. Informed by research as well as Hoffman's personal experience this program offers a 30-day integrative approach to well-being with this little superseed at its center.

This is what the plan offers:

- *A flexible meal plan packed with flavorful whole foods and easy, delicious recipes to help you fuel your body, mind and soul
- *A simple yoga routine to build strength and flexibility
- *A meditation course that will awaken and renew spiritual energy with just minutes a day
- *A strategy for engaging more deeply in the world around you

Over the course of 30 days, *Chia Vitality* will help you do more than feed your body with the bountiful nutrients of chia: It will set you on a course for a more energetic, engaged existence. Whether you are looking for an alternative approach to better health or want to boost your energy levels, let chia be your gateway to a vitality filled life.