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These are the two newsletters I sent out to my subscribers in June of 2009 about Chia gel and the 3 recipes I included

Tuesday, June 23, 2009

1. Fat Loss Fundamentals Testimonials
 2. I Wish I Had Known About This Ten Years Ago
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First thing I wanted to do was share a couple of testimonials from Fat Loss Fundamentals users after their first week.

I have lost SIX Pounds! Today ends week one for me. I did not expect to lose any weight this week because I did not change my other eating habits and I had a very bad bout with arthritis (knees) and was not able to move much. So, imagine my surprise to find that as of this morning I have lost six pounds! To be honest, I would have been happy this week even if I did not lose weight, but that six pounds was just icing on the cake. On to week two. . .

- Pam

Rob, I'm following your first week material to the letter, have changed nothing else in my diet and have let go of FIVE pounds after my first six days.

- Sheri O'Riley

What I'm about to share with you today comes from my "**I wish I would have known about this 10 years ago**" file.

You know how every once in a while there are those things that make such a dramatic difference in your life that you simply can't stop talking about it?

You'd do everything in your power to make sure that you had it with you at all times, and when you find it again, you'd buy two, just to put one away in case you lost the first one, or when it wore out.

You know what I mean?

I used to be terrible with sun glasses.

I'd lose them, drop them, break them or forget them somewhere.

After learning about the law of attraction, I quickly realized that I was losing them because that's what I was focusing on. But that's another story.

Whenever I'd find a pair of sunglasses, I'd buy a second pair and put them away for when the first pair wore out or I lost it.

At one time, I even called a distributor of the sunglasses I liked to find out where in the city he was selling them so I could scout them out.

Can you relate?

Maybe it's a favorite shirt, or a pair of shoes, or whatever.

This isn't about that though, it's about an incredible food that can quite literally change your life – and I really mean that.

What I'm about to share with you is about one of the most powerful foods you could ever eat. It's so powerful that you never want to be without it, and you want to eat it on a daily basis.

It's ancient, but only recently becoming popular again, and the truth is that nobody even knows that it exists.

I feel like I should buy 100 to 200 pounds of it, so that I absolutely know that I'll have enough for 5 or 10 years, just in case something happens, it catches on and the price goes up or some govt agency decides that it's too healthy and bans it.

It was used by the Aztec warriors as a survival ration. They would go into battle with nothing but a small pouch of this stuff tied to their waists.

It became so important to the Aztec's that the emperor's subjects would pay their annual tribute to him with it. It became legal tender.

Historically it's been used to keep the entire populations of Aztecs, Mayas, Tehunapecs and Native Americans full of energy and endurance, while recently it's been tested by science and found to reduce blood clotting factors by 20%, inflammation by 30%, increase levels of essential omega 3 fatty acids by 80% and reduce blood pressure..

An EIGHTY PERCENT increase in omega 3 fatty acids.

Why is omega 3 important?

Lots of reasons.

Research from the Archives of General Psychiatry (Oct 2002) shows that omega 3 fatty acids aid in reducing the effects of depression. A daily dose of 1 gram of omega 3 fatty acid for 12 weeks decreased symptoms such as sadness, anxiety and sleeping problems.

Omega 3 is also one of the "must have" fats for your skin.

Usually, one reaches for a cream or lotion to put on eczema, psoriasis or acne, or finds a doctor to prescribe medications for the condition.

Good fats are not only good for your heart and cardiovascular system, but for your skin as well.

Dermatologist and skin care expert Nicholas Perricone MD, writes about the importance of omega 3 fatty acids in his book "The Wrinkle Cure". He says that foods rich in omega 3 fatty acids help reduce the bodies production of inflammatory compounds – natural chemicals involved in the aging process, that affect how healthy the skin looks and feels.

And energy....

A few years ago, a 52 year old Tarahumara Indian from the Copper

Canyon region of Mexico named Ciraldo Chacarito was among the top finishers in a 200 mile race.

He competed against the worlds best young endurance runners who had daily access to the latest training facilities, leading trainers and scientifically designed running equipment.

Ciraldo just showed up for the race.

He had not prepared and was not conditioned for it.

Ciraldo wore hand made sandals and all he attributed his energy and stamina to was a food his people had been eating for 800 years previously.

He ate it before and during the race.

It was Chia.

Why did it work? Why has it worked for so many years and why is it considered to be a super food?

More importantly,

Why is it introduced in Week 1 of my recently released Fat Loss Fundamentals ?

==> [Fat Loss Fundamentals](#)

Chia has **2x the protein** of any other seed or grain.

Chia has **5x the calcium of milk**, plus it has boron which helps transfer the calcium into the bone.

It has **2x the potassium of banana's**

3x the antioxidant strength of blueberries

3x more iron than spinach

Of course the incredibly important Omega 3 fatty acids that I mentioned earlier – great for your skin, for reducing inflammation and which aids in depression. Even the Aztec's used chia for joint pain and skin conditions.

Chia is gluten free, so anyone can eat it, and it's very low in

sodium. In fact, tuna has 237x more sodium than chia.

But my all time favorite reasons for including chia on a daily basis are these:

1. Chia absorbs between 9 and 12 times it's weight in water.

It acts like what I call "time release water"

You know how much I encourage you to drink more water on a daily basis, and I've spoken about the importance of water in your diet.

Water is your life.

Well, Chia holds onto the water and takes it right into your colon, releasing it slowly over time so that your body has access to it on a regular basis. I keeps you hydrated longer and with proper hydration, we have more energy.

When it's hot, eat chia to keep hydrated.

When going to the gym, have chia as part of your pre-workout meal and you should have more energy while training. Same goes for running, or any outdoor sports.

And

2. Chia forms a physical barrier between carbohydrates and the digestive enzymes that break them down, thus slowing the conversion of carbohydrates into sugar.

For diabetics, this slowing of the conversion process produces a longer energy curve and protects against sugar spikes.

With it's affinity for hydrating the body, the iron, the calcium, the protein and the omega 3 fats, it's no wonder that Chia is the Mayan word for "Strength".

There is way more to chia than I could ever tell you about in one email and I find that it's such an important food to transform health, improve skin, mood and energy levels as well as help in regulating blood sugar that I simply HAD to introduce them right off the bat in Fat Loss Fundamentals.

== => [Fat Loss Fundamentals](#)

As I've told many people who are asking about skin related issues,

“Its built into the course material”

As is my anti-candida protocol... but that too is for another time.

Where To Get Chia

Chia used to be a little tricky to get.

There weren't many places growing it and it certainly did not have a market to support full time farming.

Now it does.

It's available pretty much anywhere you find whole foods.

Even bodybuilding supply stores carry it (but probably at a much higher price)

Typical prices are about \$10 to \$12 for 1 pound (or 454 grams)

White chia seems to have the healthiest nutrient profile, but chia seed comes in black as well.

A brand called Salba is also available and claim to have an even better version of the seed, but I think it's just a marketing ploy. It's also \$24 for that same 1 pound container.

How to Use Chia

It's easy.

First, because it absorbs so much water, I don't advise eating it straight. Doing so would pull water from your body and your cells.

Always hydrate the chia seeds first.

Add them to cereals, soups, salad dressings or gravies.

If you use flax seed anywhere, simply switch it out for chia.

A really great way to use the seed though is by making a, hmmm... what shall I call it? A drink?

Yes, ok, a chia drink.

It's called **Chia Gel**

How to Make Chia Gel

1. Add 2 Tablespoons of Chia seeds to 2 Cups of distilled water
2. Stir and let sit for 5 minutes.
3. Stir or shake and let stand for 15 to 30 minutes.

This will create a gelatinous mass which you can then sip on throughout the day. Each time you are about to eat, have a sip of the chia gel, or have it by itself. If you wander into the kitchen looking for something to eat, have a sip of the gel first. Have it with your meals, between meals, with snacks ,or even before bed.

I ran into Sheri O'Riley leaving our local organic grocery store earlier this week. She couldn't find the chia seeds so I helped her locate them and then told her about Chia gel.

Sheri was a beta tester of the original program and then went on to start the course over again from the beginning when it was released in early June.

I got this from her yesterday

Rob,

I was skeptical at 1st because me and strange textures don't always get along, if u know what i mean!!!

BUT...the chia gel is so awesome!!!! The people i work with think I've gone off the deep end when they see it, but i tell them how delicious it is & then they want to know where to buy chia seeds. They are BLOWN away with how nutritious it is.

Frankly, so am i...but i gave u my word that I'd do everything, even if it didn't make any sense or seem way out of my comfort zone.

I am impressed with how the "gel" gets me thru the day.

I think about snacking, i take a sip.

I get bored, i take a sip.

I'm getting sluggish, i take a sip.

I almost forgot to drink water b/c i like it sooo much.

Thank you & i look forward to more goodies!

You can add a little squeeze of real lemon into it, a few drops of stevia or honey or agave syrup, but I find that it's just fine on it's own.

Invest the \$12 (\$10 USD) in a one pound bag, begin adding them to your meals and make chia gel daily until the bag is gone and you tell me what you think.

Summarizing the benefits of Chia

=> Provides energy

=> Boosts Strength

=> Provides endurance

=> Levels out blood sugars

=> Induces weight loss

=> The 11 grams of fiber per ounce promotes intestinal regularity

And remember that 52 year old runner Ciraldo Chacarito?

In 1998, he WON that 200 mile race.

Like I said earlier, Chia seed is on my "I wish I would have known about this 10 years ago" list and for that reason, I want to share it with you as soon as possible. It's just one of many special foods included in Fat Loss Fundamentals.

Fat Loss Fundamentals, is not just about weight loss, but it will help you achieve your ideal weight.

Fat Loss Fundamentals is a holistic way to improve your health, your mood, your skin condition, your digestion all while dropping the pounds at the same time.

It's about making your body work again, the way it's supposed to.

Chia seeds are one part of the many fundamentals.

Remove nothing from your diet, just follow the steps each week and get results like Pam and Sheri did.

Check it out

=== > [Fat Loss Fundamentals](#)

Rob



Follow up from yesterday's Chia Newsletter

1. Three Chia Recipes You Can Use Right Now

Yesterday I introduced you to **Chia seeds**, one of the special foods that make up the Fat Loss Fundamentals course material.

Foods are but one part of the course, mixed in with some specific assignments designed to have you understand your thought processes when it comes to eating and social situations.

Fat Loss Fundamentals is about taking action, along with the introduction of new foods and eating principles.

If you're the type that can't stick to a diet or eating program, then Fat Loss Fundamentals is exactly what you're looking for. You have no choice but to stick to the course material and take action on each weeks' material.

it's easy and it's effective.

= = > [Fat Loss Fundamentals](#)

So what about this Chia anyway?

Chia can be used in many formats, and introduced into your eating program in a variety of ways.

The easiest thing to do it to simply make the Chia gel I wrote about yesterday, and sip on it through the day, with meals and between meals.

I thought I'd leave you a few more recipes though, so that you've got some variety.

Variety is good.

One of the first researchers of the seed was Dr Wayne Coates, who holds a doctorate in Agricultural Engineering from Oklahoma State University. He was among the first to grow chia seeds experimentally and later for commercial purposes.

I'm not sure of the origin of this recipe, or where it's traditionally consumed, but I know that it's popular in Mexico and Guatemala. With Chia's history firmly grounded in Central America, I'm sure it's quite popular there.

From Dr Coates, personal recipe book:

Chia Fresca

3 Organic Limes
3 Tablespoons Chia seeds
Cayenne pepper or other Habanero pepper

Juice the three limes. Put the juice into a blender with three tablespoons of chia seeds and fill the blender with pure water.

Add a bit of Habanero pepper, then blend these ingredients on high speed for thirty seconds.

You can let it sit for five or ten minutes.

Dr Coates says "The blend of chia, lime, and cayenne pepper is eye-opening! It has an immediate tonifying effect. In addition to the nutrients in the chia seeds, of course, there is the vitamin C from the lime, and you get this huge circulation boost from cayenne. "Chia fresca" leverages the nutritional power of chia seeds in a most satisfying way!"

If weight loss is not a factor for you, you might add a little Agave Syrup to sweeten it up to your liking. Maple syrup might also be substituted.

After 5 to 15 minutes, the fresca will begin to gel up and you've got a great spicy alkaline, blood sugar regulating drink keeping you full of energy all day long.

Chia Fresca Substitutions

In place of the lime juice, you might try pink grapefruit juice. And instead of juicing them, just peel them and blend them, fiber, juice, seeds and all.

In place of cayenne, you might try cinnamon or fresh ground ginger. Ginger has a wonderful effect on the digestive system.

Chia Pudding

1 cup cashews
3 cups water
2 tablespoons agave nectar
1 tablespoon vanilla extract
¼ teaspoon almond extract
pinch celtic sea salt
¼ cup chia seeds

First, use the cashews to make **nut milk**. Put the cashews and water into a blender (I use a bullet blender), and blend on high speed until smooth and creamy.

Blend in the Agave, vanilla, almond extract and sea salt.

Pour this mixture into a large mason jar or pitcher of your choice.

Stir in the chia seeds, stir or shake well. Wait 5 minutes. Stir or shake again. Wait 10 minutes and stir or shake again.

Place mixture in the fridge overnight

If you don't have Agave Syrup (Nectar), you can substitute with honey, maple syrup or stevia.

To add some chocolaty superfood nutrition, blend 1 to 2 teaspoons of raw cacao nibs first (into a fine powder) and blend them into the nut milk with the agave / vanilla / salt.

mmmmmmmm

Cacao is one of the best sources of magnesium. Magnesium balances brain chemistry, helps build strong bones. Cacao is also high in the mineral sulfur which builds strong nails, shiny skin, supports the liver and healthy pancreas functioning.

Cocoa is a seed and is the source for chocolate.

Raw cacao is one of the best foods you could ever put in your body and is part of the Super Deserts section of Fat Loss Fundamentals.

= = = > **Fat Loss Fundamentals**

(so is the chia pudding for that matter)

And finally, here is a salad dressing

Super Garlic Dressing

- 1 Tbsp Chia seed
- 3 Tbsp water
- 2 cloves garlic
- 1 Tbsp mustard powder
- 2 Tbsp raw apple cider vinegar
- 2 Tbsp Udo's oil, or extra virgin olive oil
- 1 tsp sea salt

Let the chia seeds sit in the water for a few minutes until they become gelled.

Grate the garlic or use a garlic press. Add the garlic into the chia gel. Add the mustard powder, vinegar, oil and salt. Whisk or blend in bullet blender until well combined. If it is thicker than you'd like, add a little more water. This is also good with lemon juice in place of the vinegar. Serve over any type of salad or steamed vegetables.

This one simple food, chia, is easily affordable and can make such a dramatic change in your health, your energy levels and skin.

Your 30 day assignment

1. Find a local whole foods market and pick up some chia.
2. Make Chia gel with 2 to 4 tablespoons of Chia and drink it every day with meals, between meals.
3. Weigh yourself before starting the assignment, and again in 30 days.
4. Check in with me that you're going to take on this assignment, and again in 30 days with your results.

I expect to be hearing from you soon, and again in 30 days with some fantastic results

Rob www.FormerFatGuy.com