

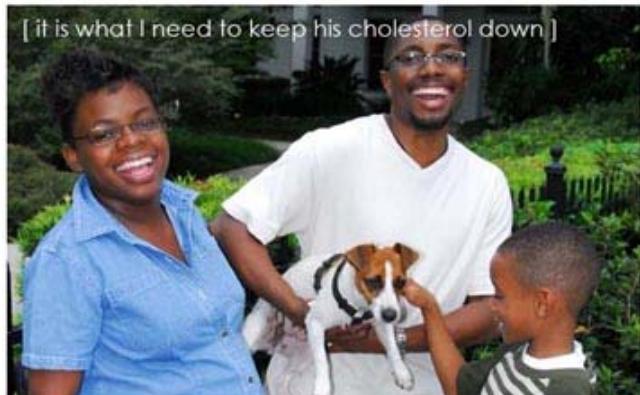
Gluten Free, Disease Fighting Flour Made From Chia Seeds



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Press Release Summary:
Move over Wheat - Now there is a Super Flour,it's Gluten Free, Rich in Omega-3 Fatty Acids, High in Proteins and Fiber - It taste good and is healthy for you too. Great for people with Celiac disease as well.

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Gluten Free, Disease Fighting Flour Made From Chia Seeds

The Arrival of the Super Flour: Gluten Free, Rich in Omega-3 Fatty Acids, High in Proteins and Fiber – It taste good and is healthy for you too.



Nuchia Foods Corporation now offers a **Chia Seed Flour** that contains all the nutritional advantages of **Chia Seeds** and

delivers baked goods that have the taste and texture expected only from wheat flour. **Nuchia Foods Corporation** brings this **Super Food** to the dining room table to help families eat better and live healthier lives. It has been used to bake many popular foods, including chocolate chip cookies, coconut and red velvet cakes, and the **Chia Seed flour** brownies have been real crowd pleasers.

A small desert grain called **Chia** has been found to hold the possibility of helping millions suffering from heart disease, weight problems, diabetes, high cholesterol and even some cancers. Could it be possible that nature has been producing a natural "**super food**" since ancient times and it has gone mostly unknown and unnoticed by the modern world? The modern world has largely overlooked such a product or even found it laughable. This is indeed the case of the **Chia Seed**, also known as salvia hispanica l.

Many laugh when they hear the jingle "**Chi-Chi-Chi-Chia.**" This is the familiar slogan used to promote a popular Christmas stocking stuffer, the **Chia Pet** ™. When soaked in water these terra-cotta figurines sprout green grassy hair. In reality, these healthful, edible seeds are a better source of Omega-3 Fatty Acids than any food grown on the planet - a full 10% more than flaxseed. Omega-3 fats protect against many diseases and ailments including heart disease, memory loss and inflammation.

In pre-Columbian times, **Chia Seeds** were a component of the Aztec and Mayan diets and the basic survival ration of Aztec warriors; they even played a role in religious ceremonies. As reported, 1 tablespoon of the seeds can adequately sustain a person for an entire 24 hour period. The Aztecs also used Chia medicinally to relieve joint pain and skin conditions. It was a major crop in central and southern Mexico well into the 16th century, but it was banned after the Spanish conquest because of its association with the Aztec religion. Over the past few decades, commercial production has resumed in Latin America. And here is more good news: Insects hate the Chia plant, so organic seeds could become easier to find in the future.

Chia Seed Flour consistently exceeds consumer expectations. The flour is the essence of what a super food should be. The health benefits are extensive. In the evaluation of this product, **Chia** has made believers out of ardent skeptics. It is **Gluten Free**. Each serving of **Chia Seed Flour** boasts an arsenal of antioxidants, vitamins and minerals, plus it has a full day's supply of Omega-3, 9.4 grams of fiber

and contains other vital nutrients, including biotin, calcium, phosphorus, magnesium, manganese, copper, niacin, and zinc.

Emerging research shows that eating bread containing Omega-3 from **Chia Seeds** can lower blood glucose levels in diabetic patients. Omega-3 is clinically proven to lower LDL, or bad cholesterol, and triglyceride levels, and increase HDL, or good cholesterol. Omega-3 also stabilizes heart arrhythmia and acts as a natural blood thinner, reducing the "stickiness" of blood cells and lowering blood pressure, which reduces hypertension.

Chia Seed Flour can promote healthy weight loss and relief from arthritis, constipation, osteoporosis and inflammation. It offers a variety of opportunities to improve overall health and well-being. **Nuchia Foods' Chia Seed Flour** embodies all this and stakes claim as the country's first **Super Flour**.

Other products are on the way. In addition to its flour there are plans to launch other super food products as well. This summer you might sit down to a blueberry or buttermilk pancake breakfast made from **Chia**, or dunk your chocolate chip **Chia** cookie into a glass of milk. Look for these, and other fine products containing **Chia** coming to stores near you.

Web Site:

http://www.nuchiafoods.com/store/product_info.php

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