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Chia - the complete guide to the ultimate

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Product Description. CHIA:The Ultimate Superfood. Over 75 delicious healthy recipes to boost your energy. Chia is an amazing nutrient rich seed that is versatile and

Books: chia: the complete guide to the ultimate

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Wayne Coates is a Research Professor in the Office of Arid Lands Studies at the University of Arizona. His work with chia began in 1990, and he developed the system

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