

17 Chia Seed Benefits

FOR GORGEOUS HAIR & SKIN



- Thickens hair, boosts hair growth
- Calms the digestive system
- Its high mucilage content makes it great for use in hair products (gels, conditioners) and food (baked goods, as an egg substitute)
- Boosts mental clarity
- Calms the nervous system
- Give hair natural shine
- Helps prevent cancer, and preserve muscle mass and function during cancer treatment
- Gives a mega boost to your antioxidant levels
- Lowers blood pressure
- Reduces the symptoms of stress and depression
- Prevents nervous system disorders, diabetes, and inflammation
- Repairs, rejuvenates and heals the brain
- Improves focus
- Strengthens cognitive performance
- Helps heal the gut
- Clears emotional toxins: negative thoughts, energy, patterns, and states of consciousness
- Helps prevent and treat skin, scalp dryness; anti-aging effects



LavishlyNatural.com/chia