

## Chumash treatment for recovery from stroke and heart attack - chia

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Stroke and heart attack are conditions that take the lives of many older people in our society. Preventing stroke and heart attack requires having a healthy lifestyle involving eating right, maintaining a healthy weight, exercising daily, not smoking and drinking in moderation. In the old days, it was one of the jobs of the healer to encourage older members of society to live healthy lifestyles. However, even people who live healthy lifestyles may suffer from strokes or heart attacks. Recovering from these life threatening conditions involves chia. California chia, *Salvia columbariae*, is best. But Mexican chia, *Salvia hispanica*, seeds can also be used. Chinese people use a similar plant, *Salvia miltiorrhiza*, called dan shen in Chinese. Clinical trials in China have shown that dan shen improves recovery from stroke when used daily for up to six months. Chia seeds cost about \$10 per pound and are available in several Mexican markets and online. Chia seeds can also be collected in the wild from chia seed capsules in the months of April and May. It is best to use gloves for hand protection from the sharp bracts of the chia seed pods. Chia seeds are coated with a mucoprotein that forms a gel in water. Mix one tablespoon of chia seeds in ten tablespoons of water and stir for 15 minutes, then drink. The gel should be thick but not too thick to drink. If the gel is too thick, add a couple more tablespoons of water. Do not add sugar, honey or other flavorings. The taste is very mild and not unpleasant. After suffering a stroke or heart attack, drink chia three times daily for two weeks. Then continue drinking chia once every day for the next six months. Chia aids with recovery from stroke and heart attack since it contains tanshinones and a unique lithospermic acid found only in chia. Tanshinones have anti-inflammatory activity that is useful for repairing damaged brain and heart cells. Lithospermic acid decreases blood clots and increases blood flow. Both compounds help restore the functions of brain and heart cells. Make sure to tell your doctor when you use chia for recovery from stroke or heart attack, especially if you are taking anticoagulant drugs. Your doctor and pharmacist will monitor your blood coagulation to make sure it stays in normal limits. Chia effectively promotes recovery from heart attack and stroke.

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*Salvia columbariae*, chia - photo by J Adams