

Salba is also gluten-free making it compatible for celiacs and those with specialty needs.

The Healing Power of Salba

Intrigued by Salba's superior nutrient composition, Dr Vuksan conducted clinical studies using Type 2 diabetic patients and healthy individuals. He made the following observations:

- ❑ Salba reduced after meal blood glucose and plasma insulin levels, thus improving the Glycemic Index of any food consumed with Salba
- ❑ C-reactive protein, a marker for low grade body inflammation was significantly lowered (40 percent)
- ❑ Salba significantly lowered systolic blood pressure (10 over 5)
- ❑ Salba significantly decreased coagulation (blood thinning) by 30%
- ❑ No adverse effect was noted on glycemic control or blood lipids as previously seen with high doses of Omega-3 Fatty Acids.

"These were huge discoveries rarely seen in medical literature, even with the most powerful and combined pharmacological therapies," Dr. Vuksan explains. "Reduction of eight units of the systolic blood pressure represents a major health improvement; there aren't many studies showing this effect. We measured the body inflammation, the so-called C-reactive protein, which has been discovered as a major risk factor for heart disease, which seems to be even more important than cholesterol. A reduction of CRP, of about 32% in patients with Type 2 diabetes who were heavily medicated and well controlled is not commonly seen in medical literature."

These studies were irrefutable evidence that consumption of Salba results in a simultaneous reduction of blood pressure, body inflammation and blood clotting, while balancing after-meal blood sugar.

As a result of such overwhelming health benefits, Salba is the only seed

that is patent-pending (60-274.256). This defines Salba as a functional food with therapeutic benefits for the prevention and treatment of various diseases, especially cardiovascular disease, diabetes and obesity.

It's no wonder why Dr. Vuksan is so excited about the results of his research. "Due to Salba's extremely high Omega-3 Fatty Acids and its nutrient rich composition and results, Salba creates exceptional possibilities for the improvement of human health and nutrition. To my knowledge, nothing else in the field of nutrition has come close to matching these exceptional results. Salba can be considered an almost perfect functional food."

A World of Nutrition for Us All

So, who can benefit from eating Salba? With such a complete world of nutrition packed in to every little seed, it is obvious that everyone can benefit! It is an ideal food for weight loss, balancing

being incorporated as a "stealth health grain" in some school lunch programs.

The recommended daily serving of Salba for an adult is 2 tablespoons and children can take up to one tablespoon daily.

Salba's super star nutritional status is equally matched by its extraordinary versatility. It can be eaten either in its whole seed form or can be ground into flour using a simple home coffee grinder. Salba can be added to yogurt, cereal, salads, beverages, casseroles, breads, and cakes. It can also be used to thicken soups, stews, or sauces. Salba's neutral flavor makes it an ideal addition to just about any recipe. Be sure to look for a brand new generation of Salba-fortified healthy snack foods such as tortilla chips, breads, cookies, muffins, beverages and salsa, etc.

Pioneering the distribution efforts for Salba in North America are Core Naturals (U.S.) and Source Salba (Canada).

Both organizations plan to showcase the long awaited release of several new products using Salba as a key ingredient including Core Naturals' ImmuneShield and Protectin, (balanced essential fatty acid formulas using cutting-edge nano-dispersion technology) a Salba greens formula and Source Salba's gluten-free crispy rice treats, nutrition bars and ethnic breads.

Unlocking the nutritional secrets of Salba has revealed a food so jam-packed with essential nutrients

that Dr. Vuksan believes Salba is one of the world's most nutritious food, providing a remedy for hunger and malnutrition worldwide.

The seeds of the past have returned to the present to provide a promise for a healthier future. ■

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White Salba under cultivation.

hormones, and improving sports performance. In addition, Salba provides nutrition for children and the elderly. It is an excellent food for vegetarians and vegans allowing them to attain their protein and essential fatty acid needs. By balancing blood sugar levels as well as reducing inflammation, Salba is ideal for preventing or treating heart disease and diabetes.

With a growing focus on the need to improve children's health, Salba provides a great nutritional boost. It is already