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In Chia Vitality, Janie Hoffman--founder of beverage and snack company Mamma Chia, has created a 30-day program for harnessing the power of chia to improve your whole life. Chia Vitality is Janie's down-to-earth 30-day plan that shows readers how to harness the power of chia to boost stamina, lose weight, prevent disease, and get healthier.

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