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THE DEAF MESSENGER



“At that time they will say, ‘He is our God. We trusted in him, and he saved us. He is the Lord. We trusted in him. Let us be filled with joy because he saved us’”
(Isaiah 25:9).

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The purpose of this magazine is to inform the deaf reader about such topics as practical Christian living; basic Bible truths; and what the past, present, and future historical events mean to each of us. This magazine attempts to cover spiritual, mental, and physical aspects in its articles and columns.

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Jesus' Second Coming

By Bruce Buzzell



GOODSALT CLIPART COLLECTION

Jesus is coming soon!

The Bible gives us a promise that Jesus made in Revelation 22:20, "Surely I am coming quickly." It has been almost 2,000 years since He made this promise and is still in heaven waiting for God the Father to give Him the green light to come to earth.

When is Jesus going to come? No one knows the answer, but we should not be like those scoffers who gave up on Jesus in 2 Peter 3:3-4, "Knowing this first: that scoffers will come in the last days,

walking according to their own lusts, and saying, 'Where is the promise of His coming? For since the fathers fell asleep, all things continue as they were from the beginning of creation' " (NKJV).

We must study the Bible carefully to find truths about Jesus' second coming and not fall victim to Satan's lies that lead the people to give up Jesus. The Jewish people had about 1,500 years to study the Torah and the prophets' writings in the Old Testament to prepare themselves for Jesus' first coming.

But the Jewish leaders did not understand the Word of God clearly on the prophecies of Jesus' first coming as a baby just like us. The wrong interpretation of the Bible caused them not to be ready when Jesus came. The angels guided the shepherds to see baby Jesus at Bethlehem instead of the Jewish leaders who were still in Jerusalem as they were not aware that Jesus had already arrived.

Now we are nearing the second coming. The church has about 2,000 years to prepare for the second return of Jesus. We do not want to make the same mistake the Jewish people made during the time of Jesus when He was on earth. Satan has been working very hard with almost 6,000 years of experience in deceiving and misleading people and churches into false errors about Jesus' coming.

It is time to know Bible truths about the second coming of Christ and be ready to meet Him when He comes. Jesus promised to come back and take us home with Him. John 14:2, 3 says, "In My Father's house are many mansions; if it were not so, I would have told you. I go to prepare a place for you. And if I go and prepare a place for you, I will come again and receive you to Myself; that

where I am, there you may be also" (NKJV). We can take comfort knowing that Jesus will come again.

The scriptures say that Jesus will appear on earth the second time. Hebrews 9:28 says, "So Christ was offered once to bear the sins of many. To those who eagerly wait for Him He will appear a second time, apart from sin, for salvation" (NKJV). Christ came to earth the first time as a baby. On His second return Jesus will come as a mighty king to take us home with Him to heaven.

Jesus will come not only to take us home but also to reward each of us according to our works. Matthew 16:27, "For the Son of Man will come in the glory of His Father with His angels, and then He will reward each according to his works" (NKJV).

The Word of God cannot be broken or changed or destroyed. John 10:35 says, "If He called them gods, to whom the word of God came (and the Scripture cannot be broken)" (NKJV). This means Christ will never change His promises to rescue us. We can depend on the Word of God about God's promises to save us from earthly destruction.

Jesus Christ's return will not be secret to take some people away from earth and to return

seven years later. His coming will be a visible, real, bodily, and personal appearance. Matthew 24:30 says, "Then the sign of the Son of Man will appear in heaven, and then all the tribes of the earth will mourn, and they will see the Son of Man coming on the clouds of heaven with power and great glory" (NKJV). He will come in the clouds with a real body of flesh and bones.

Jesus' disciples were surprised at His sudden appearing among them in the upper room after His resurrection in Luke 24:36-43, "The disciples were still talking about this when Jesus himself suddenly stood among them. He said, 'May you have peace!' They were surprised and terrified. They thought they were seeing a ghost. Jesus said to them, 'Why are you troubled? Why do you have doubts in your minds? Look at my hands and my feet. It's really me! Touch me and see. A ghost does not have a body or bones. But you can see that I do.' After he said that, he showed them his hands and feet. But they still did not believe it. They were amazed and filled with joy. So Jesus asked them, 'Do you have anything here to eat?' They gave him a piece of cooked fish. He took it and ate it in front of them.' Jesus have

the glorified body when He met His disciples.

Everyone will see Him in the clouds. Revelation 1:7 says, "Behold, He is coming with clouds, and every eye will see Him, even they who pierced Him. And all the tribes of the earth will mourn because of Him. Even so, Amen" (NKJV). No one will be blind enough to miss His coming.

This event will be very noisy and loud. "For the Lord Himself will descend from heaven with a shout, with the voice of an archangel, and with the trumpet of God. And the dead in Christ will rise first. Then we who are alive and remain shall be caught up together with them in the clouds to meet the Lord in the air. And thus we shall always be with the Lord" (NKJV). There is nothing secret or quiet about His second coming.

The reason for our Lord's coming for us again is to take us out of this earth and bring us to heaven. Jesus will bring back the garden of Eden that Adam and Eve lost through sin. Also His second coming will destroy the present age of sin and evil. Acts 3:20-21 says, "And that He may send Jesus Christ, who was preached to you before, whom heaven must receive until the times of restoration of all things, which God has

spoken by the mouth of all His holy prophets since the world began” (NKJV).

At the second coming, all the righteous Christians will meet Jesus in the clouds. The dead in Christ will be resurrected and meet the Lord in the air and the rest of the living Christians will have glorified bodies like Christ and be caught up to meet the Christ with the just risen Christians. 1 Corinthians 15:51-54 explains the change in our bodies when when Jesus comes in cloud, “Behold, I tell you a mystery: We shall not all sleep, but we shall all be changed; in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: ‘Death is swallowed up in victory’ ” (NKJV).

Our bodies will be like Christ’s glorified body in heaven. Philippians 3:20, 21 says, “For our citizenship is in heaven, from which we also eagerly wait for the Savior, the

Lord Jesus Christ, who will transform our lowly body that it may be conformed to His glorious body, according to the working by which He is able even to subdue all things to Himself” (NKJV).

After Jesus takes all the righteous dead and living Christians from the earth to the clouds in the air, what happens to the evil people who refuse to accept Jesus’ invitation to heaven? Will they be living on earth and waiting for Jesus and His saints to come to earth seven years later when the secret rapture happens such as the pre-tribulation people teach? The sad answer is NO!

Now, let us look at the scriptures to see why a 7-year-tribulation period is a false teaching. Isaiah 11:4 warns, “But with righteousness He shall judge the poor, and decide with equity for the meek of the earth; He shall strike the earth with the rod of His mouth, and with the breath of His lips He shall slay the wicked” (NKJV). Jeremiah also warned in Jeremiah 25:33, “And at that day the slain of the LORD shall be from one end of the earth even to the other end of the earth. They shall not be lamented, or gathered, or buried; they shall become refuse on the ground” (NKJV). The answer is that Jesus will

destroy all the wicked people left in this world! No one will be alive on earth during this 1,000 year period while Jesus, the Christians and the angels are in heaven.

The earth will be destroyed by a great earthquake not like before since the time of creation. The earth will be empty and dark like in Genesis 1:2, "The earth was without form, and void; and darkness was on the face of the deep" (NKJV). In Revelation 16:18, 20, "And there were noises and thunderings and lightnings; and there was a great earthquake, such a mighty and great earthquake as had not occurred since men were on the earth. . . . Then every island fled away, and the mountains were not found" (NKJV).

Two more Bible texts tell the story of the earth's condition during the 1,000 year period. Jeremiah 4:26 said, "I looked. And the fruitful land had become a desert. All its towns were destroyed. The Lord had done all this because of his great anger." And Isaiah 24:1, 3 says, "The Lord is going to completely destroy everything on earth. He will twist its surface. He'll scatter those who live on it. . . . The earth will be completely destroyed. Everything of value will be taken out of it. That's what the

Lord has said."

We have seen and understand the truths about Christ's second coming. We need to keep the truths in our hearts in order to protect ourselves from false teachings that oppose Jesus' true second coming. The Bible doctrines will help guide us in the last days to be on the right track to heaven to avoid Satan's traps before He comes again.

The Bible encourages us to study prophesies of Christ's second coming. Revelation 1:3 says, "Blessed is he who reads and those who hear the words of this prophecy, and keep those things which are written in it; for the time is near" (NKJV).

Now let us look at one popular teaching that is getting a lot of attention and acceptance among many Christian churches everywhere. The popularity of the secret rapture and the seven-year-tribulation theory will lead people to a false sense of security of going to heaven without having to go through the tribulation. The Bible will show us why this secret coming of Christ is false and a dangerous teaching.

Jesus warned us in Matthew that the way He will come will be different from what people claim to say about Him.

Matthew 24:23, 24 warns us, "Then if anyone says to you, 'Look, here is the Christ!' or 'There!' do not believe it. For false christs and false prophets will rise and show great signs and wonders to deceive, if possible, even the elect" (NKJV). These false ideas about the second coming are so clever and deceptive that true Christians can be fooled. This warning should encourage us to study the Bible and learn all about the last days so we can have confidence and be ready to meet Jesus when He comes for us. The Bible is the best foolproof tool against all of Satan's tricks to lead us away from heaven.

The Bible is clear that Jesus' coming is not going to be a secret happening.

When the Bible speaks about those people left behind, it does not say those people who are left on earth will be alive. Luke 17:26-30 gives good verses in Noah and Lot's day about two groups of people, one is taken away and the other one is left.

In Noah's day, there were two groups of people, the people who entered the ark (saved) and rest of the people left outside of the ark (lost). Those who were left outside of the ark were destroyed by the worldwide flood. No one on

earth was alive except the 8 people inside the ark with the animals. This is the "one taken, and one left" teaching of the Bible.

It is the same in Lot's day there were two classes of people, one taken out of the city of Sodom (saved) and one left in the city and destroyed by the fire (lost).

That is how it will be when Jesus comes. One group of people will be taken to heaven with Christ and the other group of people will be destroyed. In Revelation 19:11-18 makes a point to show that the wicked people will be destroyed when Jesus comes.

The Bible will show more examples about His people living at the close of time. Just before the Israel people were delivered from Egyptian slavery, the Jews were protected by God when the ten plagues hit Egypt.

The same way will happen to God's people in the last days. The last church will be protected through the seven plagues described in Revelation 16. God will also deliver us from the people who attack us.

Daniel's three friends were saved by Jesus in the blazing furnace when they refused to bow down to an idol that was set up by the king of Babylon in Daniel 3:16-28. Also,

Daniel was saved by Jesus when he was lowered into the lions' den to be killed by the lions. Why was he punished? Because Daniel refused to stop praying to God three times a day. Daniel and his three friends went through their own personal "tribulation."

They were not taken out of their troubles.

It is the same with the last-day Christians. They will go through the time of trouble described in Daniel 12:1, "At that time Michael shall stand up, The great prince who stands watch over the sons of your people; And there shall be a time of trouble, Such as never was since there was a nation, Even to that time. And at that time your people shall be delivered, Every one who is found written in the book" (NKJV).

Jesus declared in Revelation 16:15, "Behold, I am coming as a thief. Blessed is he who watches, and keeps his garments, lest he walk naked and they see his shame" (NKJV). This verse is not talking about the secret happening. Jesus will come as a thief AFTER the seven plagues have been poured out on our earth.

The last-day people will know who the anti-christ will be before Jesus comes and he will be destroyed by the

brightness of His coming. See 2 Thessalonians 2:1-4, "Now, brethren, concerning the coming of our Lord Jesus Christ and our gathering together to Him, we ask you, not to be soon shaken in mind or troubled, either by spirit or by word or by letter, as if from us, as though the day of Christ had come. Let no one deceive you by any means; for that Day [second coming] will not come unless the falling away comes first, and the man of sin is revealed, the son of perdition, who opposes and exalts himself above all that is called God or that is worshiped, so that he sits as God in the temple of God, showing himself that he is God" (NKJV).

Jesus' parables show that His second coming is a divine ending event. People are either saved or lost. There will be no seven-year period for people who miss the secret rapture to reconsider their lives. Now is the time of salvation without any delay (2 Corinthians 6:2).

In one of the parables, Jesus explains the wheat (righteous people) and the weeds (wicked people) grow together in the field until the time of harvest. The wheat (righteous) are saved in the storeroom (heaven) while the weeds (unrighteous) are lost in the burning flames (lake of

fire). Read Matthew 13:24-30: "Jesus told the crowd another story. 'Here is what the kingdom of heaven is like,' he said. 'A man planted good seed in his field. But while everyone was sleeping, his enemy came. The enemy planted weeds among the wheat and then went away. The wheat began to grow and form grain. At the same time, weeds appeared. The owner's slaves came to him. They said, 'Sir, didn't you plant good seed in your field? Then where did the weeds come from?' 'An enemy did this,' he replied' The slaves asked him, 'Do you want us to go and pull up the weeds?' 'No,' the owner answered. 'While you are pulling up the weeds, you might pull up the wheat with them. Let both grow together until the harvest. At that time I will tell the workers what to do. Here is what I will say to them. First collect the weeds. Tie them in bundles to be burned. Then gather the wheat. Bring it into my storeroom.' "

Two other parables show the faithful people are saved while the unfaithful people are lost. The parable of the unfaithful servant in Matthew 24:44-51 describes an unfaithful servant who has decided to beat up other servants while the landowner is away for a long time. Then the servant is caught

doing evil when the owner shows up. This servant is then destroyed. Another parable describes the sheep and goats in the judgment seat of Christ at His coming in Matthew 25:31-46. In this judgment Jesus will separate the sheep (the saved people) and the goats (the wicked people).

The three parables have one thing in common: there are no second chance for people to accept Jesus as Savior. This life is our only and last chance to join Jesus' family in heaven.

Where did this secret rapture and seven-year tribulation teaching come from? This teaching started in the 1830s by a young British woman who claimed the Holy Spirit came to her and showed that Jesus would rapture the Christians out of this world before the anti-christ would come during the "tribulation" of the last days. This belief was taught and spread around England and someone from the USA heard about it when he was visiting in England. He decided to bring this new teaching home and spread it to the American churches. This idea of Jesus returning in secret was never taught before the 1800s.

The ninth chapter of Daniel shows a specific time period for the Israel people to prepare

themselves to meet their Messiah when He comes to our world.

Daniel 9:24-27: "Seventy weeks are determined for your people and for your holy city, to finish the transgression, to make an end of sins, to make reconciliation for iniquity, to bring in everlasting righteousness, to seal up vision and prophecy, and to anoint the Most Holy. Know therefore and understand, that from the going forth of the command to restore and build Jerusalem until Messiah the Prince, there shall be seven weeks and sixty-two weeks; the street shall be built again, and the wall, even in troublesome times. And after the sixty-two weeks Messiah shall be cut off, but not for Himself; and the people of the prince who is to come shall destroy the city and the sanctuary. The end of it shall be with a flood, and till the end of the war desolations are determined. Then he shall confirm a covenant with many for one week; but in the middle of the week He shall bring an end to sacrifice and offering. And on the wing of abominations shall be one who makes desolate, even until the consummation, which is determined, is poured out on the desolate" (NKJV).

Remember this prophecy

is talking about the time of Jesus Christ's first coming as the promised Messiah. It has nothing to do with His second coming. This chart below shows the chronological (time) order of Bible prophecy of events that happened from the time the decree (official order) to the time of Jesus' ministry. See chart on the next page.

The seven-year tribulation teaching was invented by a person who separated the "one week" or "seven years" from the prophecy timeline and moved to the last days period. Satan influenced the person to confuse the people about the truth of Jesus' first coming and the second coming. Now we know that the Bible does not show secret rapture or a 7-year tribulation period for a second chance for salvation.

Most of the people who believe in the secret rapture believe the Ten Commandments are no longer binding on Christians because they have been nailed on the cross.

This is not true. The true believers will keep all Ten Commandments.

Revelation 14:12: "Here is the patience of the saints; here are those who keep the commandments of God and the faith of Jesus" (NKJV).

The commandments of God

are the Ten Commandments of Exodus 20:3-17. Notice that it does not say the Christians will be keeping eight or nine of God's Ten Commandments. They will be keeping all Ten Commandments during the end time.

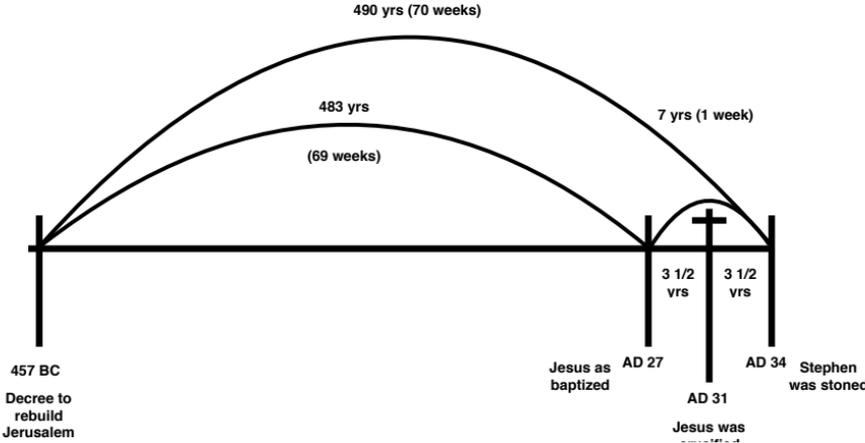
The righteous believers will not stay in the cities. They will leave and hide in the wilderness or the mountains like the true church did during the time of the Dark Ages. God will provide for their needs. Look at Isaiah 33:16, "He will dwell on high; His place of defense will be the fortress of rocks; Bread will be given him, His water will be sure" (NKJV).

Satan wants to destroy

God's people but God's angels will protect them. See Psalms 34:7, "The angel of the LORD encamps all around those who fear Him, and delivers them" (NKJV).

When Jesus comes, it will be the moment of deliverance and in our joy and adoration we will cry out, "And it will be said in that day: "Behold, this is our God; we have waited for Him, and He will save us. This is the LORD; we have waited for Him; we will be glad and rejoice in His salvation" (Isaiah 25:9, NKJV).

Now is the time to get ready to meet our Lord. Jesus is coming soon! Amen!



Bruce Buzzell is a Deaf writer who lives in Sunset Hills, MO.

The Pilgrims and America's First Thanksgiving

The Pilgrims, who celebrated the first thanksgiving in America, were fleeing religious persecution in their native England. In 1609 a group of Pilgrims left England for the religious freedom in Holland where they lived and prospered. After a few years their children were speaking Dutch and had become attached to the Dutch way of life. This worried the Pilgrims. They didn't like the Dutch's way of life that might hurt their children's education and morality.

They decided to leave Holland and travel to the New World. Their trip was supported by a group of English investors, the Merchant Adventurers. It was agreed that the Pilgrims would be given passage and supplies in exchange for their labor for their supporters for 7 years.

On September 6, 1620 the Pilgrims sailed for the New World on a ship called the Mayflower. They sailed

from Plymouth, England and there were 44 Pilgrims, who called themselves the "Saints," and 66 others whom the Pilgrims called the "Strangers."

The long trip was cold and damp and took 65 days. Since there was the danger of fire on the wooden ship, the food had to be eaten cold. Many passengers became sick and one person died by the time they saw land on November 10th.

The long trip led to many disagreements between the "Saints" and the "Strangers." After they saw the land they had a meeting to work out to make an agreement. The agreement was called Mayflower Compact. It guaranteed equality and unified the two groups. They joined together and named themselves the "Pilgrims."

They had first seen land off Cape Cod but they did not settle until they arrived at Plymouth, which was named by Captain John Smith in 1614. The Pilgrims decided

to settle there. Plymouth offered an excellent harbor. There was a river where they could catch fish. But the Pilgrims' biggest concern was that the local Native American Indians might attack them. But the Patuxets were a peaceful group and they did not prove to be a threat.

The first winter was very harsh to the Pilgrims. Cold climate, snow, and sleet were so heavy that they made life harder for the settlers. March brought warmer weather and the health of the Pilgrims improved, but many had died during the long, hard winter. Less than 50 Pilgrims survived the first winter out of the 110 Pilgrims and crew who left England.

March 16, 1621 an Indian brave walked into the Plymouth settlement. The Pilgrims were frightened until the Indian called out "Welcome" in English. His name was Samoset and he was an Abnaki Indian. He had learned English from the captains of fishing boats that had sailed off the coast. After staying the night Samoset left the next day. He soon

returned with another Indian named Squanto who spoke better English than Samoset. Squanto told the Pilgrims of his voyages across the ocean and his visits to England and Spain. It was in England where he had learned English.

Squanto was very important to the Pilgrims because he had taught the Pilgrims how to survive in the New World. Without his help the Pilgrims would not have survived. He taught the Pilgrims how to tap the maple trees for sap. He taught them which plants were poisonous and which had medicinal powers. He taught them how to plant Indian corn by heaping the earth into low mounds with several seeds and fish in each mound. The decaying fish fertilized the corn. Squanto also taught them to plant other crops with the corn.

The harvest in October was very successful and the Pilgrims had enough food for the winter. There were corn, fruits and vegetables, fish to be packed in salt and meat to be cured over

smoky fires. The Pilgrims had much to celebrate—they had built homes in the wilderness, they had raised enough crops to keep them alive during the long coming winter and they were at peace with their Indian neighbors. They had beaten the difficulties and it was time to celebrate.

The Pilgrims Governor William Bradford proclaimed a day of thanksgiving to be shared by all colonists and the neighboring Native Americans. They invited Squanto and the other Indians to join them in their celebration. Their chief, Massasoit, and 90 braves came to the celebration, which lasted 3 days. They played games, ran races, marched and played drums. The Indians showed their skills with the bow and arrow and the Pilgrims showed their musket skills. It is believed the celebration took place in mid-October.

But during the next year the Pilgrims' harvest was not much as they were not used to growing corn. During the year they had also shared their stored food with

newcomers and the Pilgrims had less food. The third year brought spring and summer that was hot and dry with the crops dying in the fields. Governor Bradford ordered a day of fasting and prayer. But soon after that the rain came. To celebrate—November 29th of that year was proclaimed a day of thanksgiving.

The custom of celebrating Thanksgiving Day continued through the years. During the days of the American Revolution (late 1770's), a day of thanksgiving was suggested and encouraged by the Continental Congress. In 1817 the State of New York adopted the Thanksgiving Day as an annual custom. By the middle of the 1800's many other states also celebrated the Thanksgiving Day. In 1863 President Lincoln appointed a national day of thanksgiving. Since then each president has issued a Thanksgiving Day proclamation, usually on the fourth Thursday of each November as a legal national holiday.

Enemies at the Altar

By Henry Ferguson



LUCASCHEN—ISTOCK

Christmas Eve, 1942. The Germans and the Allies were honoring an unofficial truce. The city of Warrington, England, was blacked out that cold, damp, windy night. An air raid might be expected at any time.

Father Richard Rochford planned have midnight mass in St. Mary's Church that night. Soldiers and civilians went through the unlighted streets to the place of worship. By eleven thirty the church was full, but the three front rows were empty.

Ten minutes before the service was to begin, the front doors opened, and a

group of German and Italian prisoners of war surrounded by American and British guards armed with rifles came in. They went to fill the empty pews.

Just before midnight, Father Rochford walked to the pulpit. He told the worshipers that in 1939 before the war started a beautiful organ was being installed in the church. But, the war had caused a shortage of materials that brought the work on the organ to stop. Then American soldiers came and they had worked to finish the organ in time for this

Christmas Eve mass. The church organist had been taking lessons in Manchester for the past three months—just for tonight.

The pastor hesitated for a while. Then he said, “I’m so sorry to have to tell you that this very day our organist has been sick with influenza.” He paused and sadly said, “We will have no Christmas music tonight.”

The congregation was disappointed. Then the church became silent.

Suddenly, there was a movement among the prisoners. One of the prisoners rose and spoke to a guard. Then, he walked to the front of the church, climbed the steps, bowed to the priest, and seated himself at the organ. The guard was watching him closely with the rifle pointing at his heart.

The prisoner played the organ “Silent Night” beautifully. They never had heard music played with such feeling. It was as if the spirit of the Christ Child flowed from the prisoner’s fingers that night and touched everyone’s hearts.

Many people’s eyes were misty, and many people were crying. They were touched by the beauty and the power of the music.

Eventually, the organist stopped playing. He rose from the seat and spoke briefly with the priest before he went back to his seat. The guard continued to follow him with the rifle. The priest’s voice was choking with tears when he told the congregation. He said that the boy who had played the inspiring music that night was from a little town in Bavaria and had studied music since his childhood.

The priest continued, “This young man, a prisoner in an unfriendly land, has shown here tonight that the true bonds of brotherly love was above any fighting in which people might do. He had shown the Christmas spirit. We owe this young man a debt of gratitude for showing us that the people of two alien nations still have common ground for understanding.”

Henry Ferguson, *Signs of the Times*, December 2015

All About Chia

By Sue Radd

These tiny, oval, black or white seeds called chia have been used as food and medicine for hundreds of years by ancient South American civilizations. Now they are being grown in the United States and chia is a health food.

Why Chia Seeds Are Good

Chia comes from a desert plant called *Salvia hispanica*, and it gives remarkable nutrition in a small package. The seeds are filled with fiber: one tablespoon gives more than a slice of whole-grain bread! And in that same tablespoon, you get 100 percent of your daily requirement for the omega-3 fat alpha linolenic acid. Plus, chia offers a great source of plant protein and gives minerals and antioxidants.

Chia is used as a so-called superfood, but there are only a few studies on the effects of chia on humans. Out of four published clinical trials, three found positive effects for weight loss and lowering blood sugar and triglycerides (a type of fat in the blood). Anyone who has tried adding chia seeds to their daily diet can testify that it has helped their digestive system.

How to Use Chia

Chia can be purchased from health food stores and supermarkets as whole seeds, bran, or oil. It has a

mild, nutty flavor and is very easy to use in different ways.

- For a refreshing drink, mix one tablespoon of seeds in a tall glass of water with a squirt of lemon, and allow it sit for 15 minutes until it is lightly jellylike.

- Use seeds or bran when baking bread, muffins, or cookies.

- Add chia oil to salad dressings and smoothies.

- Turn chia into an egg white replacer by dissolving one tablespoon of seeds in three tablespoons of water.

- Stir chia bran into your granola.

- Replace pectin with chia seeds when making jam.

- Soak seeds in milk overnight to create a raw chia pudding.

While it is generally a low-risk food, one group of researchers in the United States has warned that you should avoid eating chia in dry form, especially if you have a problem with swallowing or a constricted esophagus. The seeds can absorb up to 27 times their weight in water, so it is best that this happen before eating them so they slide down easily rather than swelling and blocking your esophagus!

Sue Radd is a nutritionist who is the award-winning author of "The Breakfast Book" and coauthor of "Eat to Live." www.sueradd.com

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