

BROADCAST- The power of chia seeds and lemon water
An OSF HealthCare gastro doc weighs in on a Tik Tok trend

ANCHOR LEAD-IN

A TikTok trend of mixing chia seeds and lemon water – often referred to as “an internal shower” first appeared in June a few years ago but it recently resurfaced ... causing us to wonder if the viral “wellness hack,” gathering millions of views, is a good idea. As it turns out, an OSF HealthCare doctor says it’s not bad ... but he cautions against overconsumption.

VO or Radio Package

OSF gastroenterologist Omar Khokhar (COE-car) says adding chia seeds to your diet can help you meet your daily requirement of 30 grams of fiber. And lemon water can help with hydration. But, Dr. Khokhar says having too much of the drink can cause symptoms such as stomach pain, gas, diarrhea, and constipation.

“It can potentially cause bloating or make bloating worse, so I would be careful. If you have any kind of GI or pre-existing issue, it’s something you might want to start maybe a half dose and see how you respond before going with a bigger, normal dose.” (:15)

One other warning – constipation that lasts more than a few days is something you should see your medical provider for because Dr. Khokhar points out that it is an early warning sign of colon cancer.

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The recipe calls for adding 2 tablespoons of chia seeds to a full glass of water, at least 8oz if not 16oz and the juice of up to a whole lemon. Let chia seeds absorb water; after up to 15 minutes, stir once more and drink.