

MEDIA CLIPS-The power of chia seeds and lemon water

Omar Khokhar, MD, gastroenterologist, OSF HealthCare

Dr. Khokhar says it's one way to get fiber into your diet.

"It's a very good, natural way to incorporate fiber and protein into your diet. However you want to take it [chia seeds]; a salad, as part of a parfait – there are other ways to ingest it. With this particular phenomenon, you're mixing it to sort of help it expand ahead of time outside of your body instead of inside your body." (:21)

Dr. Khokhar says if you're dealing with gastrointestinal (GI) disease or distress, skip the internal shower drink.

"If you have any history of esophageal swallowing issues or any history of intestinal obstruction, this is something you might want to talk to your doctor about ahead of time. Because what you don't want to do is ingest this gel-like material and cause some kind of blockage." (:19)

He also warns constipation lasting more than a few days can be an early sign of colon cancer.

"If you are constipated, for example, don't mask that symptom with a chia seed phenomenon that you saw on TikTok. Go see your doctor. Make sure you get checked out. And if you get checked out, then, by all means, go back to the chia phenomenon." (:19)

Having too much of the drink can cause GI symptoms such as stomach pain, gas, diarrhea, constipation and bloating.

"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)