

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.
Please describe any external changes experienced with respect to skin and hair conditions:

I find when I use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflammation and we have very healthy skin and hair condition.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.
Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 96 years old and have been using Hemp Hearts for at least three years and find that it gives me a lot of energy.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

In a nut shell, I believe that in the past almost four years that I have been taking "Hemp Hearts" they have increased my stamina and energy level to where I am never fatigued. Example -- I golf 5 consecutive days in a row and walk the 18 holes each day without feeling tired. My age is in the 70plus bracket.

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Please describe any external changes experienced with respect to skin and hair conditions:

I CAN EASILY MOUNTAIN BIKE 25 KM A DAY AND I'M IN MY 60'S!

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

My Wife and I are 75 and 70 old, and we have been using hemp hearts for at least 3 years and have all kinds of energy and we don't take any medication.

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Please describe your experiences regarding energy and Hemp Hearts:

To me, this is the MOST telling advantage of eating Hemp hearts. At 71 years old I have sufficient energy to work a full day, physically, with men half my age, I can cycle 5 - 10 miles, or walk and maintain a pace with 35 year olds. On the contrary side if I happen to miss eating seeds for a day or two I feel a noticeable drop in energy and experience muscle pain.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

MY HUSBAND AND I HAVE BEEN USING HEMP HEARTS FOR AT LEAST 8 YEARS. WE FEEL IT GIVES US ENERGY AND ALSO SUPPLIES US WITH THE OMEGAS THAT WE NEED.

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Please describe your experiences regarding energy and Hemp Hearts:

I belong to a hiking club & we often do 12-15 K's (sometimes more) There is some climbing in the hikes. I'd say my energy level is good which many of my younger hiker friends have noted. I also garden, do Tai Chi & Yoga. (82 years)