

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.
Please describe your experiences regarding digestive health and Hemp Hearts:

Every morning I make a greens & fruit smoothie and I also consume a half bar of 'More than a square meal'. I find this maintains my blood sugar levels so that I have energy and no 'brain fog'.

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:

I HAVE A LOT MORE ENERGY WHEN I USE HEMP HEARTS

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 a senior Lady & have been using hemp hearts for about 2 yrs it was recommended to me by my neighbours, & I find I have much more energy & feel better because if I miss a couple of days I can tell the difference.

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Please describe your experiences regarding energy and Hemp Hearts:

I also find I have much more energy to get my housework & yardwork done, so it helps me greatly.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

Having Hemp Hearts for breakfast will keep me until about four o'clock in the afternoon

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:

I FIND THAT TAKING JUST 2 TABLESPOONS AND SOME OTHER PRODUCTS SUCH AS GREENS, I HAVE AMPLE ENERGY TO COMPLETE MY DAY.

Please describe any internal changes experienced relative to pain and tissue inflammation:

at 65 I do all my house work and 12-14 times help my husband with outdoor work. we have a garden, so there is a lot of ~~exercise~~ ^{activity}

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

Using H.H. approx. 6 months. Am diabetic with Parkinson's Disease. H.H. have stabilized my blood sugar, I believe, as I no longer get weak & shaky as a few hours go by. I can after go from breakfast till dinner time without feeling as though I am "coming in." I'm 78 yrs old and fairly ^{active} ~~active~~. Had a heart attack 20 yrs ago, but in good health now. I am a firm believer in supplementary additives (eg. vitamins) and read a lot re: health.