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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:

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 often 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.

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:

Being a diabetic, I would have breakfast but would be weak & shaky by noon, to the point where I have had to sit on curb while someone get me something to eat to control my weakness. Since eating H.H. I do not experience these shaky spells and I can go from breakfast till dinner without negative consequences.

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:

No lack of energy

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:

I am a diabetic and have a banana with my breakfast, along with the H.H. mixed with 3% yogurt. My bodily functions work well and I have regular bowel movements, usually one after each meal.

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Without changing my diet, I have lost over 20 pounds in the six months without trying. It has contributed to my well-being.

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 do not seem to have dandruff like I used to.

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

Before H.H. I always had loose bowels. Now they are firm & regular.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Can not comment

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

See above re: diabetic condition. I do not test 3 times a day now (type II). When I do test, I am always in the low normal.