

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.

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:

I only take 3 tablespoons of Hemp hearts with my breakfast in the morning & do find I'm not hungry, than when I don't take it I'm hungry by 11AM.

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

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 have had no digestive problems since on Hemp hearts, I am regular & which I am very happy about.

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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:

I just have my hemp hearts in the morning & haven't tried to lose a pound a day so I can't make an honest comment on this

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 I don't ~~ache~~ hurt as much when I take Hemp heart for I have a start of Arthritis in my hip & hands

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

I hurt less & find that I feel much better when I take hemp hearts, than without.

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

I had a checkup & my blood Pressure was up before & now is almost normal.

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:

I have no serious health condition ~~so~~ am not a diabetic so I can't honestly comment on this question.