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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:

I am a 64 yr old retired Policeman, & now a volunteer firefighter and EMT. I hunt, fish, scuba dive, treasure hunt, mountain bike, & otherwise stay active. I have been using Hemp Hearts for at least four years.

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 keep very busy during the day & occasionally miss lunch due to an ambulance call. Since I supplement my breakfast with hemp hearts I find I am not getting hungry until late afternoon, and sometimes not until supper at 6:00 p.m.

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 walk considerable distances while hunting, especially during archery season. I find using hemp hearts gives me the energy & stamina I need as I often don't stop to eat while hunting in the day.

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:

If I have been eating foods that cause me some constipation or use certain medications eg. Tylenol I become irregular. Using hemp hearts helps my system regulate itself. There is no side effects from using hemp hearts that I have experienced.

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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:

Because Hemp hearts stem hunger cravings I have been able to maintain a steady weight - yet feel good. I have also been very healthy when there has been lots of flu & colds around me this past winter. Many people I look after in the ambulance I tell about hemp hearts.

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:

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

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

I have very good and consistent blood pressure of 110/70. My Dr. always smiles & remarks about it.

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:

My family history on the maternal side shows many with diabetes & complications therefrom. Yet my B. G. level is always in the perfect range. I am very happy to be using hemp hearts & find them a necessary supplement because of the lack of nutrition in our modern-day processed foods & chemically abused foods.