

11A

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 have been using hemp hearts for about 5 years. I am 64, with high cholesterol, overweight but healthy.

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:

It does curb your appetite and if you are feeling hungry but not time to eat I just snack on a tablespoon of hemp hearts and a glass of water and my hunger is gone. I do not crave bread a noon.

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 do have more energy if I take the hemp hearts but I have been taking them every morning for 5 years without fail so really don't know how much more energy I have. I fish, hike and hunt with my grandchildren, go to all types of sports, work full time and am a full time housewife. I think it does give me more energy than I would have if I didn't take it.

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 take my tablespoons with hot cereal – I have always had to use a over the counter laxative – not anymore – I am able to plan my day with the first activity being a full and complete clean out – after that I am fine till the next morning – I suffered for years before I went on hemp hearts.

11B

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 have no experience with weight loss. – Never really tried it for that.

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:

My elbows, knees and feet were very rough and dry but are very soft now.

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

I didn't have any tissue inflammation or pain before I took hemp but by now – at 64 I should have some and I don't – so hopefully it is my regular taking of hemp hearts that is stopping that.

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

My blood pressure is good.

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 sugar level has gone down. The biggest change has been the lowering of my cholesterol – even my Doctor asked me what I was doing different and I said taking Hemp Hearts and she said – “oh I've heard some of my other patients say that.”