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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:

55 YEAR OLD MALE 6-2 145 lbs. WORKING AS A WAITER. ACTIVE IN GOLFING & WORK. USING HEMP HEARTS FOR ~~10~~ <sup>↑ ABOUT 3-4</sup> YEARS AS A DIETARY STAPLE. (40-50 GMS PER MORNING MEAL OVER ~~SKAD~~)

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 AM ABLE TO AVOID A SECOND MEAL FOR HOURS AFTER MY NORMAL BREAKFAST (SEE ABOVE). I WILL CONSUME OTHER RAW FOODS ON VERY ACTIVE DAYS (GOLFING etc.)

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 AM VERY ACTIVE AND WILL OFTEN CONSUME DOUBLE THAT DOSAGE PER 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:

MY GASTRO INTESTINAL TRACT HAS BECOME A MODEL of EFFICIENCY WITH MY NEW DIET. SOFT, LIGHT COLORED STOOLS ONCE ~~or~~ TWICE DAILY MOVEMENTS. I DO SUPPLEMENT ENZYMES & PROBIOTICS.

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:

MY WEIGHT IS VERY STABLE. I COULD PROBABLY GAIN LEAN MUSCLE MASS IF I WANTED TO BUT MY STRENGTH & STAMINA ARE VERY GOOD RIGHT NOW.

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:

SOFT SHINY HAIR WITH ALMOST NO GREY. PEOPLE ARE SHOCKED WHEN I SAY I AM 55. NO WRINKLES OR STAGY SKIN. SHARP, CLEAR EYES WITH NO CHANGE IN LENSES FOR YEARS.

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

FULL RECOVERY FROM A SLIPPED DISC (LUMBAR 3)  
 FULL RECOVERY FROM SEIZED HIP / SHOULDER ILLIKE JOINTS  
 FULL RECOVERY FROM SCIATICA (LEFT HIP / LEG)  
 FULL RECOVERY FROM SEVERE NOSEBLEEDS  
 ALL ABOVE WITHIN LAST 4-5 YEARS.

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

RESTING HEART RATE 72 / MIN  
 B.P. ABNORMALLY LOW @ 110 / 80

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 PAIN / INFLAMMATION

MY PROSTATE HEALTH HAS RETURNED. NO MORE URGENCY TO URINATE ON LESS THAN A FULL BLADDER.

IF YOU KNOW ANY LONELY YOUNG LADIES SEND EM MY WAY, I CAN GO FOR HOURS. VIAGRA IS LOSING MONEY ADVERTISING TO ME