

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'm sorry I don't remember exactly how long I have been taking the hemp hearts. (I've had 2 small strokes) I do remember the ^{Food} difference they made, healthwise, for me from the very first day. I'm 78 years old.

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:

Every day (morning) I take my hemp hearts for breakfast and I do not feel hungry till one or two o'clock. I feel completely satisfied. My blood sugar stays even - no drop. They give

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 have ^{had} extremely low energy because of many health problems - Only when I have my hemp hearts do I feel good enough to ~~accomplish~~ ^{accomplish} some of the essential tasks I have to do. It is amazing the difference it makes.

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:

Before I started on the hemp hearts I had to contend with diarrhea all the time. I am so very glad I don't have that any more. It was such a difficult problem.

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 was advised by the doctor to lose weight - It seemed nothing. I did help me lose the weight I needed ^{to get} off until I started the hemp hearts - I was very happy & so was my doctor -

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:

Since I started the hemp hearts my pain from lupus & fibromyalgia is greatly decreased - I ^{now} need to take a lot less medication of which I'm very glad as they have such bad side effects

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

People tell me I look much better, my skin has lost the pale & sallow look. My hair is fuller & has more body ^{and} I'm not losing it like I was before ^{the} hemp hearts

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

Before I started the hemp hearts my blood pressure was always high - My doctor is so pleased that it is so good now. I gave him your literature

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 hypoglycemia and they ^{make} such a difference in keeping it level ^{hemp hearts}