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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'm a Senior citizen (over 65) who learned about hemp hearts around 5 years ago - tip from my sister. I immediately called Roger to order some, and have been enjoying them ever since.

I make them up into energy bars with chia seeds, chocolate, cassava, etc., etc. - They make wonderful take-along snacks.

**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've found I feel best, and have most energy, when I breakfast on a mixed <sup>green</sup> salad with 5 scoops (Tbsp) of hemp hearts. I also love having this meal for lunch, or those days when I can't have it for breakfast. Then I'll add some sardines, or salmon, or a hard-boiled egg as well.

My purpose is to maintain optimal health, energy, and well-being. <sup>Hemp hearts definitely help.</sup>  
**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 never felt hungry at lunch when I've had hemp hearts for breakfast. Later in the afternoon I may have a piece of fruit. That does me nicely until dinner - and even then, I'm not terribly hungry. But without hemp hearts I do get very hungry ordinarily.

**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've had absolutely no digestive problems with hemp hearts - although I normally have difficulty digesting fats. The food digests well. No uncomfortable feeling of fullness for hours, as often happens to me.

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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:**

*Haven't actually tried.*

**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 haven't yet taken on the dietary restrictions (grains, starches, sugars — though I avoid processed foods). So — haven't seen a great change. Small improvement to skin and hair, due probably to omega-3 content.*

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

*Arthritis in my hands eased up.*

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

**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:**

*N/A*

*Bottom line: I'm delighted with hemp hearts. Many thanks, Roger.*