

30A

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 52 YEAR OLD MALE, MARRIED FOR 30 YEARS FATHER OF 2, 1 GIRL 1 BOY 17, 15 YEARS OLD. AFTER BEING DIAGNOSED WITH PROSTATE CANCER 6 YEARS AGO I HAVE EDUCATED MYSELF TO STOP DOING THE WRONG THINGS AND START DOING THE RIGHT THINGS. ADDING HEMP HEARTS TO MY DIET IS

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:

ONE OF THOSE RIGHT THINGS.

I EAT AT LEAST 5 HEAPING TABLESPOONS OF HEMP HEARTS ~~IN~~ EVERY MORNING IN A FRUIT SMOOTHIE AT APPROXIMATELY 7:00 AM AND I AM NOT HUNGRY TILL APPROXIMATELY 2:00 PM. I WILL HAVE A MEDIUM TO LARGE SALAD FOR LUNCH AND A VARIETY OF VEGETABLES FOR DINNER.

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:

SINCE I HAVE

CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTERITIS IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.

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:

WITH MY NEW DIET MY DIGESTIVE HEALTH IS VERY COMFORTABLE AND HEALTHY, ~~BUT~~ IN COLOR, ~~A~~ FIRMNESS, AND NUMBER OF TIMES PER DAY 3 TO 4.

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: ON THE DIET THAT I HAVE BEEN ON FOR THE LAST 6 YEARS, I LOST 24 LBS THE FIRST TWO MONTHS AND HAVE MAINTAINED MY OPTIMUM WEIGHT ~~FOR THE~~ ~~DIET~~ THAT WAS APPROXIMATELY MY WEIGHT WHEN OF 125 LBS I WAS 20 YEARS OLD.

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 SKIN ~~IS~~ FEELS HEALTHY. BEFORE MY LIFE CHANGE OF 6 YEARS AGO I WAS LOOSING MY HAIR. ~~SEVERE~~ SINCE THEN IT HAS STOPPED FALLING OUT AND IS ~~STARTING~~ GROWING IN THOSE AREAS.

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

AS I MENTIONED BEFORE THE ARTHRITIS IN MY KNEES AND FINGERS IS VIRTUALLY GONE.

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

MY LAST DRIVERS MEDICAL EXAM. 2 YEARS AGO ~~THE~~ AFTER THE DOCTOR EXAMINE ME, HE ASKED ME IF I WAS A LONG DISTANCE RUNNER. THAT WAS VERY ~~VERY~~ INTERESTING TO HEAR.

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:

THANK YOU ROGER SNOW, AND ROCKY MOUNTAIN GRAIN PRODUCTS FOR YOUR HONESTY, SINCERETY AND ~~YOUR~~ BELIEF IN HEALTH
Good Luck!! Yours Truly ...