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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 AM A 61 YR OLD MALE, OVERWEIGHT, VERY ACTIVE (SPORTS, OUTDOORS ECT.) I HAVE BEEN A DIABETIC FOR 25 YEARS (RODENT ACCIDENT, DAMAGED PANCREAS AND I USE DIET CONTROL, PILLS AND OCCASIONALLY INSULIN FOR PERIODS OF TIME, DEPENDING ON MY SUGAR CONTROL. BEING ACTIVE HELPS ME WITH BETTER SUGAR CONTROL.

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 A VEGETARIAN AND I COUNT HEAVILY ON HEMP HEARTS FOR MY PROTEIN. I DO NOT CRAVE STARCHES AND THEREFORE DO ONLY USE THEM OCCASIONALLY IN MY DAILY FOOD INTAKE.

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 STRONGLY BELIEVE THAT MY MORNING CONSUMPTION OF HEMP HEARTS ADDS TO MY ENERGY DURING THE DAY.

I NOTICE A DROP OF ENERGY IF I MISS A FEW DAYS OR WHEN I ~~REAR~~ RUN OUT OF PRODUCT.

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 BLEND MINE IN A MORNING SHAKE OR OCCASIONALLY WILL HAVE THEM (HH) ON MY CEREAL. I AM VERY REGULAR, I CLEAN OUT THOROUGHLY, AND I AM SLIGHTLY LOOSE WITH BOWEL MOVEMENTS.

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 BEEN A VEGETARIAN FOR 2 YEARS AND I HAVE BEEN USING HH FOR ABOUT 4 YEARS. I HAVE LOST 60 LBS IN THE PAST 24 MONTHS.

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:

ALTHOUGH I AM A DIABETIC WITH FOOT NEUROPATHY, I AM 3 WEEKS PAST A VERY SERIOUS FOOT OPERATION (SMASHED IN A SNOWMOBILE ACCIDENT). THE SURGEONS WERE VERY PLEASED AT THE QUALITY AND SPEED OF THE HEALING FROM THE SURGERY. WITH POOR CIRCULATION, I AM HEALING BETTER THAN NORMAL.

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

I SEEM TO HEAL CUTS, BREAKS AND ABRASIONS VERY WELL. ~~AND~~ I AM SOMETIMES SLOWER FOR INFLAMMATION, HOWEVER I DO TAKE NATURAL PATHIC INFLAMMATORIES AND PAIN RELIEF WHEN NECESSARY. (CURCUMIN, TRAMETAL, ARNICA)

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

MY HIGH BLOOD PRESSURE 2 YEARS AGO HAS LOWERED TO NORMAL AND IS STAYING EITHER NORMAL OR VERY CLOSE TO IT FOR THE LAST 6-8 MONTHS.

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 MAKE A MORNING SHAKE FOR BREAKFAST WHICH INCLUDES HEMP HEARTS, GROUND FLAX, VEGA (VEGAN PLANT BASED PROTEIN SUPPLEMENT), GREENS POWDER, COCONUT OIL, GOJI BERRIES, FRUIT AND ALMOND MILK. DURING THE LAST 3 YEARS, I HAVE HAD TO USE INSULIN ABOUT 6 MONTHS.