

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 married, 58 year old female. I work full time outside of my home as a financial analyst. I have used Hemp Hearts for over 3 years. I had high blood pressure and constant problems with constipation.

**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 do eat 5 tbs of Hemp Hearts every morning for breakfast. Sometimes I also have an apple or pear, etc with it and I can easily work effectively & fully focused without hunger until mid afternoon.

**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 a very demanding job and also maintain my home. Hemp Hearts give me my energy without any highs or lows. If, due to short appointments, I cannot eat at a scheduled lunch time, I have no problem working efficiently.

**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 was introduced to Hemp Hearts after surgery 3 years ago on my colon. Hemp Hearts are my salvation for regular elimination. There is nothing better - alone they are like scrubbing cleansers - with fruit they give you more fibre yet - BEST!!

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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:

I have used Hemp Hearts to maintain my weight - This method definitely produces weight loss - but once you've reached your ideal weight, they really help you maintain. A healthy bowel is a healthy body!

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 have a thyroid condition (hyper) and it was actually my hairdresser that gave me your address. The dryness of my hair was simply gone and people constantly comment on how great I look.

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

With my colon problems, I had severe pain throughout the day and especially before & during illumination - The Hemp Hearts reduced my stomach inflammation and my bowel movements are completely pain free - never any constipation.

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

My blood pressure has been maintained in the normal range for 2 years now. Doctors say my heart is great.

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 am not diabetic (Thank God).