

35 A

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:

We - Bob - husband age 74. me age 62 - using 1 yr.
we use in a smoothie with milk & yogurt & fruit. If we take it for breakfast we do not want to eat again until about 3pm.
We own & operate a liquor store so we are very active - we have no stiff

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:

You are just not hungry & it puts our bread & starches by 3/4.

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:

Besides operating the liquor store we walk our dogs 2 & 3 times a day, put our lawn (3 lots) keep our garden & home. We do more than most younger people!

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:

Our stomachs are improved - less gas & cramps & we have regular bowel movements.

35B

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:

While we are not so extreme in our food consumption over the last yr we have both lost approx 15 lbs & it has stayed off

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:

We have clear skin & healthy shining hair

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

Our fingers & knees are not as swollen

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

We both had high BP & are now well within normal range.

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

Learn our hemp alone