

36A

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 Registered Nurse in my early 40's & have two children under 13 years old. My days are very busy. Working night shifts take quite a bit of energy and are often difficult to recover from when I can't sleep much because of family obligations.

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 find that eating five heaping table spoons - approximately - each morning gives me enough energy that I usually don't feel hungry until 2-3 in the afternoon and then I only require a small snack to keep me going until 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:

As Above... I eat the hemp hearts for breakfast, by themselves, and drink water with them. While at work in the hospital, I am very busy and often don't have time to take any breaks. I find that the Hemp Hearts for breakfast allows me to work straight through. Usually until dinner.

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:

My entire family, myself, my wife & two kids, all use Hemp Hearts and can all attest to improved "cleansing" without being too loose.

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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 notice that I eat less in general since starting Hemp Hearts and now actually seem to have more energy to work and exercise. I have not weighed myself but I notice my clothes are a little bigger on me than before.

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 friends and colleagues at work have noticed I look healthier.

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

Not being hungry during the day... have not had as ~~many~~ many difficulties with GERD. (Gastro Esophageal Reflux Disease)

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:

My food cravings have lessened significantly while eating hemp hearts & my energy has gone up so I am more active. This helps me improve my overall health & circulation. I have noticed less edema in my lower legs due to the increased activity.