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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 have been using hemp hearts for 5-7 years along with my husband. I have breast cancer (since 2002) and I am doing fine without chemo + radiation. I depend on H.H. for my protein + omega fats + other essential nutrients rather than pills. I use them with steel cut oats + quinoa + flax seeds every morning and I find this starts my day off right. I only take 3 heaping tbs of hemp hearts every morning and it seems to start

We claim that because of the protein content of Hemp Hearts those who eat five heaping <sup>day off</sup> 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 was addicted to sugar products but with the H.H.'s I can go to lunchtime or later without snacks or bread + starches and this helps me keep my weight under control.

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 find that my energy level is really good since I've been taking H.H.'s. I never feel as good and energetic when I am travelling and not able to have my H.H.'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:

I use H.H.'s to ensure that I am regular (my husband as well) and we have no digestive problems when we have our H.H.'s. We always go to the bathroom after breakfast.

**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 do not have a weight problem and thank H.H.'s for ensuring that I do not.

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**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 feel H.H.'s have helped my hair as I was losing a lot prior to taking them. Also my skin is in very good condition. I am 67 and usually am not taken for a senior.

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

I've sent H.H.'s to my daughter who ~~has~~ has varicose vein problems and a lot of pain and H.H.'s have helped her. Since I have been on them, I do not have the vein problem I used to have either. They seem to have strengthened the vein walls & improved my circulation.

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

My blood pressure is now right on target in the 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:**

I feel that H.H.'s, as a whole grain is able to help me fight my cancer & keep it under control. It is always better to get your nutrients from whole foods rather than a vitamin pill. I will always continue to use H.H.'s in my daily regimen & so will my husband.