

39A

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 approximately 5 years now!

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 enjoy 5 tbs. of "Hemp Hearts" on my cold or hot cereal every morning and lunch consists of an apple and an oatmeal cookie plus a glass of water. That's all I want to have.

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:

My energy level has not been this elevated in over 10 years.

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:

"Hemp Hearts" are enjoyed and greatly benefit my digestive health.

39B

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:

Weight loss is not one of my goals in using "Hemp Hearts".
A hearty salad with whole grain crackers is often my evening meal.

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 do wish that "Hemp Hearts" would grow hair but alas ... that is not to be.
However, the condition of what I have left seems to be improving.
I trim it much more often now -- than I did 6 years ago.

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

My "internal" intestinal activities have been greatly improved over the past few years and stomach "upsets" have been all but eliminated with regular BM's.

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

Blood pressure normality is now constant.

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 recommend "Hemp Hearts" to anyone that just wants to
"feel better" overall.

In a
your name
Dorothy Adams