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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 am working as a technician at the research company. Having been consuming this wonderful source of protein for one year or a bit more.

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:

Every morning I add 3-4 table spoon of hemp hearts to any kind of breakfast I have whether it is serial, omelet or sandwich with honey. I feel full of energy and have quite small lunch compare to what I used too. when I come from work I add 2-3 T spoons to my evening soup and feel satisfied.

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:

because hemp hearts could be easily added to many steamed vegetables, soups, salads or serials as the taste will not be altered. Instead the hunger is satisfied much faster and you do experience bigger time interval before next meal. Therefore you have fewer meals and a lot of vigor.

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:

The cleaning power of these seeds is amazing, being nutritious and working as a broom. This effect gives a status of feeling younger and the skin looks much smoother.

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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 do not consider myself overweight. But I have noticed that I started to wear pants about 5 years ago.

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've got compliments on my complexion since I am consuming these grains every day. My hair is stronger and shiny.

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

My neck and shoulders are always very tight. That restricted me from doing many exercises. I have noticed recently that with better flexibility in neck and shoulders now I can attempt to do yoga.

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

My last blood analysis is very normal and my body produces enough of vitamins B.
The doctor suggested that there is no need to take supplements

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