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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 used Hemp Hearts for about 3 years.
I have digestive problems bowel problems also, colustrail.*

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:

When I use Hemp Hearts my hunger is really cut down from normal, I have no desire to eat sweets at all, therefore you do cut your weight down.

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 this statement absolutely true, the Hemp Hearts certainly do keep your energy up.

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 have been using Hemp Hearts for sometime & I find that one does clean out more thoroughly.

I have experienced my digestion is much better, my health in general is alot better, my skin, my hair all have improved.

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 seem to be holding my weight at about the same with the use of Hemp Hearts.

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 hands were fairly rough all the time but seems my skin is fairly improved from earlier years. I have had a fair amount comments as to how soft the skin is on my face. My hair & skin conditions seem to be improving all the time.

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

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:

I'm not a diabetic so I can't really comment on the experiences or health improvement. But I'm absolutely sure, if a diabetic used Hemp Hearts, he would have more energy & less weight soon.