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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'm A 51yr old Bus Driver in FORT McMURRAY ALBERTA OILSANDS, I'VE BEEN USING Hemp HEARTS FOR 3 years I'm TYPE 2 DIABETIC AND THEY HELP WITH MY APPETITE AND WEIGHT CONTROL, ALSO KEEPING MY SWEET TOOTH UNDER CONTROL

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 EAT A MUCH SMALLER LUNCH AND SMALLER PORTIONS AT BREAKFAST AND DINNER TO. WHEN I DON'T USE Hemp HEARTS, I GAIN WEIGHT...), SIMPLE AS THAT!!!

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 WORK A SPLIT SHIFT AND RARELY DO I NEED A NAP DURING THE DAY. I GET SOOO MUCH DONE I MAKE SURE I DON'T RUN OUT OF Hemp HEARTS ANYMORE.

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:

EVER SINCE I STARTED Hemp HEARTS, MY BOWEL MOVEMENTS ARE CONSISTANT AND VERY HEALTHY, EVEN WHEN SICK, WHICH, WELL RARELY HAPPENS NOW WHEN I THINK OF THE LAST 3 YEARS

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 USE TO WEIGH 281lbs, I NOW WEIGH ABOUT 230lbs AND FEEL GREAT

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:

Being Diabetic TYPE 2, I FIND I HEAL FASTER  
LOOK YOUNGER AND MY HAIR IS NOT AS STRAW  
FEELING AS IT USED TO

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

I FIND SHIFTING GEARS EASIER, LONG DRIVES  
EASIER, LESS PAIN IN JOINTS AND OBVIOUSLY  
I EAT HEALTHIER TOO.

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

MY HIGH BLOOD PRESSURE IS CLOSER TO A  
NORMAL PERSON. I'M QUITE HAPPY ABOUT  
THAT

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 SUGAR LEVELS ARE MUCH LOWER BEFORE AND AFTER  
MEALS. I EAT LESS, I CRAVE SWEETS MUCH LESSER  
I'VE GOT LOTS OF ENERGY AND I USE LESS PILLS  
THAN BEFORE