

65A

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:

My name is Rev. Leon - - -

I am 76 years of age (Nov 7, 1932). I have used Hemp Hearts for over 5 years.

I am a retired cleric.

I am not ingesting any prescribed or over the counter drugs.

My family doctor is Vi.

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 consume 4 to 5 tbs of hemp hearts before 9 am with whole grain cooked cereal or yogurt^(dry cereal) & I do not get hungry and have no desire or need to eat additional food until early or mid afternoon.

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:

Considering my age (76 1/2 yrs) I probably fall into the moderate or extremely category. I walk 6 kilometres in 50 minutes to 1 hr 3 to 4 times per week. On the other days I work out (weight lifting in my home gym) for an hour. Without the hemp hearts on a daily basis I could not follow this conditioning program. (I am trying out for the Senior's Olympics in 2010 ☺).

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:

Most remarkably, I was chronically constipated all my life. Since hemp hearts - not any more. Its the first time my bowels functioned normally since childhood

65B

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 don't have a weight control problem. I am 5ft 10 inches in height and weigh 150-55 lbs

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:

Well, I still have all my hair (no bald spot) It's quite thick & still brown, except on the temple (sideburns). As far as I know, tissue health appears to be good. The body's ability to produce collagen, a component that contributes to the health of skin, hair & nails, reduces with age. Hemp Hearts appear to contribute to the production of collagen in the body which helps to retard the aging process of the skin which maintains tissue elasticity, etc. This process may not be scientifically verified.

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

N/A

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

My latest tests (blood pressure) was normal. RE: Dr Vince ..
Stress testing, etc.

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 don't have any serious health conditions. This is due to the daily ingestion of raw vegetables and Hemp Hearts, and an extensive exercise program.

