

73 A

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:

5 yrs. off and ~~on~~ consistently (daily) for almost 2 yrs.

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:

Hemp Hearts do curb a person's appetite for snacking and eating starchy/sugary foods. I find I consume less food when eating Hemp Hearts.

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:

Yes, energy level has increased eating Hemp Hearts, especially if you consume them at breakfast + lunch.

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 assist with digesting foods more easily + quickly thus helping with elimination of waste more ~~regularly~~ frequently + more consistently.

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:

Yes - if a person consumes Hemp Hearts with a raw vegetable salad & primarily vegies & a healthy diet will lose weight until they reach their ideal body weight.

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:

Experienced healthy, smoother skin and hair - softer, shinier.

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

Because Hemp Hearts help to cleanse the colon, any internal issues seem to lessen in intensity also because the body is cleansing itself regularly.

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

Eating Hemp Hearts maintains a healthy blood pressure level. The protein feeds the nervous system helping with a calm nervous system, thus, ^{well} regulated blood pressure.

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:

Haven't had any serious health conditions, although I would propose that there is validity to that suggestion.