

I am a very satisfied customer! Thanks to Hemp Hearts

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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 very conscientious about my health.... I try to live a healthy life and this begins with a healthy diet. When I discovered Hemp Hearts one year ago they have aided in making my life even healthier. I feel better and have a lot more energy! Thanks to Hemp Hearts!

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 am not hungry at lunch time when I eat my Hemp Hearts for breakfast. Since I've been eating Hemp Hearts I do not crave sugar and am able to avoid the starches. I love Hemp Hearts! They not only taste good, but they are good for me!

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 love ^{having} the energy that I now have!

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:

Because I eat my Hemp Hearts with raw fruit, I have more bowel movements, cleaning out my digestive system thoroughly. I feel great after this..... it's like a body cleanse each day!

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'm not overweight but I can see how this program works as weight control because when I eat Hemp Hearts I'm not hungry and I don't crave the ^{heavy} calorie foods!

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 heal faster (eg. cuts scrapes) and my hair is healthier! more shine to it (hair)!

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

As well as following the "HempHeart" program I also do yoga. Since I've been using the "Hearts" I have less joint pain than when I was doing just yoga!

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

I think that with the overall just feeling healthier and having more energy aids in keeping the blood pressure at a normal rate!

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 serious health conditions but I do have osteoarthritis and Hemp Hearts have helped relieve joint pain, thus improving my mobility!