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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 BEGAN USING HEMP HEARTS IN APRIL, 2005 AND HAVE CONTINUED TO ENJOY THIS PRODUCT AND ITS BENEFITS BY DAILY CONSUMATION. PRIOR TO APRIL 2005 I SUFFERED A HEART EVENT (ANGIOPLASTY) AND PREVIOUS AN AUTOIMMUNE DISORDER. THIS PRODUCT HAS TAKEN THE PLACE OF CORTICOSTEROID DRUGS AND HAS SUSTAINED MY GOOD HEALTH SINCE THESE EVENTS

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 WHOLEHEARTEDLY SUPPORT THE STATEMENT OF LACK OF HUNGER PERIOD (LUNCH) DURING MID-DAY. WITH THE CESSATION OF MID-DAY STARCH AND A COMMITTED DAILY EXERCISE PROGRAM, I MAINTAIN A NORMAL WEIGHT REGIMINE AND FEEL GREAT.

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:

SUFFICIENT ENERGY IS NOT A PROBLEM. I AM 75 YEARS OF AGE AND PLAY RIGOROUS BADMINTON YEAR ROUND TWO HOURS PER DAY, FOUR TIMES PER WEEK. THE HEMP HEARTS SUPPORT THIS ACTIVITY AND HAVE SUBSTANTIALLY REDUCED MY DAILY NEED FOR SUPPLEMENTS.

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:

THE CONSUMPTION OF HEMP HEARTS WITH MY MORNING FRUIT AND CEREALS ALONG WITH FLAX SEED, PUMPKIN SEED, PSYLLIUM, MIPH LECTHIN, BEE POLLEN HAS SUPPORTED A CONSISTENT AND REGULAR DIGESTIVE SYSTEM.

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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 AM 5'8 1/2" WEIGHT 159 LBS. WITH THE ASSISTANCE OF HEMP HEARTS I HAVE MAINTAINED THIS WEIGHT FACTOR FOR THE PAST 3 1/2 YEARS. I AM ASSISTED IN THIS WITH THIS PRODUCT AND THE ABSENCE OF A M.I.D.DAY MEAL.

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 HAVE CLEAR SKIN AND FULL HEAD OF BLONDE HAIR (I REPEAT, I AM 75 YRS+) I SUPPORT THE STATEMENT THAT THE SUPPORT OF HEMP HEARTS IS DRAMATICALLY RESPONSIBLE

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

THE MAJOR TRIBUTE TO HEMP HEARTS IS THE DRAMATIC REDUCTION OF HEARTBURN AND GASES WHICH OCCURED EVEN FOLLOWING THE HEART EVENT. I EMPHASIZE THIS IS A MOST POSITIVE RESPONSE TO YOUR PRODUCT.

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

I AM CONFIDENT THE CHANGES RESULTING FROM CONSUMPTION OF HEMP HEARTS HAS A DRAMATIC POSITIVE EFFECT ON BLOOD PRESSURE AND CHOLESTERAL ALTHOUGH I AM APPARENTLY A 'LIFER' ON DRUGS FOR THESE HEALTH ISSUES, I BELIEVE HEMP HEARTS HAS REDUCED THE NEED FOR HIGH DOSES. I HAVE MINIMUM DOSE PRESCRIPTIONS:

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:

(SEE ABOVE.) WITH HEMP HEARTS, I DO NOT HAVE A DESIRE FOR SWEETS, OR STARCHES. A BIG FAN OF VEGETABLES, ONLY SIN BEING LOW SWEETENED CHOCOLATE, BUT WHAT THE HELL! I'M NOT PERFECT