

80A

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 years

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:

it keep me going &
energized

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:

agree my energy level is
up and maintained throughout
the day.

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:

Enjoy good digestive health
eating hemp hearts regularly

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:

80B

Have not tried this
(But can see why it works
enjoying the suppressed appetite
after eating hemp hearts.)

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:

suffer from a mild skin
disorder which I believe
benefits from eating hemp hearts
along with removal of red meat etc.

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

Was in a serious auto accident 2 yrs ago
have many permanent orthopedic and
other tissue injuries. I take Hemp hearts,
in addition to other bone, tissue joint supplements
& homeopathic nature.

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

I suffer from chronic hypertension
from a severe kidney laceration due to
a motor vehicle accident 2 yrs ago to
and rely on diet & life style presently to
control it due to liver issues which drugs can
not solve.

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 wife has had a gastric bypass and
uses hemp hearts regularly to help
maintain health and as an appetite
stabilizer.