

83A

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:

About 12 year ago I was diagnosed with diverticulitis and have used several different things to help keep it under control. About 3 year ago my daughter introduced ^{Hemp heart} to me and I have used it almost daily since then.

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 do not use 5 Tbsp at a time, but I use it with a well balanced diet and it does curb hunger by the lunch hour

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 am a very active 73 year old and I believe with a good diet, it does give me more ^{energy} through 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:

It really does help: My husband is in long term care and is not walking. Every day I mix 2 heaping Tbsp of Hemp Heart in his food and his BM's are much better than before I started to do it.

83B

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:

- no experience of weight loss - I don't need it.

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:

not too much difference

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

I do know that when I consistently use hemp heart each morning, I have much less inflammation in my colon.

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

I'm not sure about this, but my blood pressure has been very good according to my doctor.

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:

- no experience