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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've been eating Hemp Hearts for last 3 years every morning. It changed my life. I have more energy, I don't have any digestive problems. My health increased very much.

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 don't eat five heaping tablespoons of Hemp Hearts each morning, but I eat two of them. It gives me a great start in the morning. I mix them with flax and sesame seeds and fruits. I have lots of energy and don't feel hungry for next 5 hours.

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 an active person and Hemp Hearts gives me sufficient energy until evening. I don't need coffee, strong tea, Pepsi - I have natural energy in ~~from~~ my body which I believe Hemp Hearts gives me.

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 regulate the digestive health for sure.

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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:

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:

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

Three years ago my fiance was diagnosed with cancer. We both started to eat Hemp Hearts on that time. It definitely helped to manage the right diet and to ~~be~~ have stronger body to fight the cancer. For me helped to survived with my depression. Now everything is fine, but we eat Hemp Hearts every day.

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

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: