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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 work full time as a mental health counsellor^(age 40), have a masters degree in social work, am married with 2 young^(age 9 & 7) children, and exercise 2-3 hours a day. I've been using hemp hearts for 3 months, 2x a day, and my husband^(age 41) & children have as well. We all love the taste and health benefits!

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 find they are a great breakfast mixed with lowfat low sugar oatmeal. I mix my kids 5 heaping tablespoons with low sugar low fat ~~sy~~ pudding for breakfast. We are all hungry by lunch time, but ~~then~~ we all love eating too - so maybe could go longer^{without food} but do not want to.

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 do get energy from hemp hearts, in combination with protein shakes + oatmeal. Because I work out 3 hours (1.5 hour cardio in the morning when I first wake up, 1.5 hour weights after the kids are in bed) I need the energy and stable blood sugar - hemp hearts help^{with that a lot!!}!

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:

My kids eat the hemp hearts with sy pudding and a big glass of V-8 juice (710 ml) and it keeps them regular and healthy intestinally. Me as well, and my husband, though we have protein shakes (no dairy) not fruit or veggies ^{my 9 yr old} said he doesn't have "tummy aches" anymore because he is "regular" with them.

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:

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I was already at a healthy weight when I started using them 3 months ago (BMI - Body Mass Index - of 25) and have lost a few pounds (BMI 24.5), but I eat a lot in the day too so that's why I haven't lost more. I ^{am} already happy with weight & fitness level so this is good. 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:

Maybe healthier skin & hair - less dry. I think my facial complexion is better too - fewer bumps or blemishes.

I used to get a puffy face sometimes when I ate the wrong foods & this seems to have diminished in the last 3 months.

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

I haven't noticed. All is good. Maybe slightly faster healing of wounds/abrasions that happen on the skin.

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

I haven't noticed. All is good. I already had very low blood pressure & very low bad cholesterol.

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 health was already decent, now it's slightly better. I really like hemp hearts for my kids and husband and myself and never want to give them up. They are healthy and delicious and we feel great using them.