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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 have been taking Hemp Hearts for a few years. The odd time when I'm without them my health problems worsen a great deal. They are like saving for me. I have many serious problems that improved overall when I started the wonderful Hemp Hearts. It upsets me greatly to think of not being able to take them.

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:

When I have the Hemp Hearts for breakfast each day I do not have to eat at all till lunch time. They totally satisfy me & give me an all over ^{good} feeling. I know I am getting all the essential nutrients I need each time I have them.

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:

The Hemp Hearts does help my energy level for a good part of the day. I know there is quite a difference when I'm not taking it.

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:

I find I have no digestive problems when I take the Hemp Hearts like I do when I eat many other foods. It balances my bowel movements.

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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:

When I'm taking my Hemp Hearts I have friends & people who comment that my skin looks much younger than my age. I know this is due to the Hemp Hearts. It helps ^{keep} my hair shiny.

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

Since I started the Hemp Hearts my pain level has greatly been reduced.

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

My blood pressure (since I started the Hemp H) is excellent - The doctor is quite amazed it is so good considering all my health problems -

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:

I have Hypoglycemia - When I take my Hemp Hearts it keeps my blood sugar level for hours after I take it & I don't get hungry.