

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 am a vivacious forty-nine year old woman, who loves golf, motorcycling, gardening, working with my husband. I am very active and health conscious and have had Hemp hearts as a part of my health conscious diet for over 10 years. I am the mother of two adult diabetic children.

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:

At 57 yrs. old a menopausal, hemp hearts sustain energy & reduces highs & lows, & swings of energy. This is the best part for me.

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INCREASED ENERGY & MENTAL SHARPNESS

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The other benefit besides energy is a greater concentration ability. Personally this means more to me

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have a busy life. I am a self employed person that provides a service that requires concentration and a positive attitude. Using hemp hearts regularly gives me energy and an even keel of concentration + attitude. I do notice when I haven't used hemp hearts, my energy level is not as high and I feel tired mentally.

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The past nine months have been very difficult as I've been daily going to sit with my mother who is dying from pancreatic cancer. I believe Hemp Hearts helped give me the energy to do this.

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 digestive system has greatly improved as I used to battle various stomach disorders as well as irritable bowel system. Hemp hearts has given me 2 years of improvement in this area and the painful abdominal spells I used to have are gone. I feel

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:

The relief I have gotten with my stomach and bowel disorders has been tremendous.