

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 retired school teacher, 71 years old. I have used Hemp Hearts since July 2006. I was in very poor health (weight 296 lb, high cholesterol, G.E.R.D., a sluggish bowel, wheezed a lot, high blood pressure (169 over 99), going bald, painful arthritis and sore joints. In 2006, I had 5 mini strokes (T.I.A.'s & T.C.A.'s). I took Lipitor, Accupril, Pantoloc & was depressed. Hemp Hearts saved my life.

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:

Other than irregularity, blood pressure & Osteo arthritis, I never had "Serious" health conditions. Hemp Hearts have made a huge difference in my life.
Thank You for this wonderful product,

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:

HEMP HEARTS HAVE REALLY HELPED WITH THE TRANSITIONS OF MENOPAUSE!

2. 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:

I DON'T HAVE A WEIGHT PROBLEM BUT EATING LESS AND STILL HAVING THE ENERGY TO DO EVERYTHING CAN'T BE A BAD THING

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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:

SEE ABOVE ALSO NOTICED THAT IF I
SKIP AM. USE THAT I FEEL SLUGGISH
AND NOTICEABLY LESS ALERT

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Please describe your experiences regarding energy and Hemp Hearts:

- I have had some serious health problems but hemp hearts have helped me cope and my health is improving & so is my energy level.

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Please describe your experiences regarding energy and Hemp Hearts:

definitely! my energy is consistent all day
my mind ~~is~~ is much more Awake + alert all day.

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Please describe your experiences regarding energy and Hemp Hearts:

I find mostly I'm being on hemp hearts I am not nearly as indecisive in my decision making, and am doing things as I used to, not just thinking about doing them. I get a good quick start on my day.