

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:

Put it this way. If I was asked to attend "Natures perfect Food" competition, I would enter hemp hearts. It is the one single food I will never give up.

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Please describe your experiences with Hemp Hearts and any serious health condition:

IAM ~~not~~ not diabetic so dont know about it.

But do know i will never be without HEMP HEARTS AGIN.

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'm sorry to write that all of the thriving energy I once had in life is all but gone now due to what they call Chronic Progressive Multiple Sclerosis - But please now that H#s continue to bring quality to what energy I still have --

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Please describe your experiences with Hemp Hearts and any serious health condition:

I don't have any serious health issues. I am healthy and happy. thanks to exercise, diet, and super foods such as hemp hearts. I ~~love~~ love them. they taste good, feel good, and ~~are~~ are very nutritional

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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 am a senior. for a long time I've had fatigue - unable to sleep properly & excessive stress. Hemp heart has help me to gain some control over my life

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:

Hemp hearts have been a tremendous help ^{to pass middle} for me. I could not do without them. I am 77 years old with many serious health problems - in the days especially when I am incapacitated the ^{hemp} hearts help me survive.

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

Hemp hearts has been fantastic for me for more than 2 years.

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Please describe your experiences with Hemp Hearts and any serious health condition:

I highly recommend this product it has helped my health a lot.