

Please describe any internal changes experienced relative to pain and tissue inflammation:  
My abdomen feels flatter and I have that healthy 'light on my feet' feel. Also, H. H. has regulated my bowel movements for every morning!

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'VE NEVER in my life had the energy I now have. Not even at 30 and I'm now 60.

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Please describe your experiences regarding energy and Hemp Hearts:

I'm 60, still work, do yoga look after a lawn and house. Get up at 5 AM, bed at 9:30 - 10:00. I work hard, compared to my friends my age. I'm awesome.

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Please describe your experiences regarding energy and Hemp Hearts:

I feel more energetic.

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 eating in this manner, I don't feel the need to snack or eat in between.  
I feel strong the entire time.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, I do find that I have more energy. Since I have been using Hemp Hearts, plus taking B vitamins, I feel 10 years younger and I am a lot more active.

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 using hemp hearts for about 1 1/2 years. I am 64 years old. Have Type 2 diabetes & High blood pressure. Since I have been using hemp hearts, it has made a world of difference in my well being.

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:

In the past 5 years using hemp hearts I have improved my energy and increased my activity through which my weight reduced from 170 lbs - 160 lbs.