

7 Nov 629

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 was always fighting my weight. And since I started using hemp hearts (Jan 2008) I feel so much better. I don't have to snack in between meals anymore.

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

I feel light and full of energy.

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

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

I am a 50 year old male and I have been using HEMP Hearts for about 8 years. I'm not overweight, I am active. I feel great.

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

By taking Hemp Hearts every am. I remain pain-free and able to pursue the activities I enjoy (Kayaking, x-country skiing, knitting, woodsplitting, etc). If I travel and don't have my Hemp Hearts, my joints become painful and my activities decrease, hence I feel unwell and 'cranky'.

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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:

I have a chronic inflammatory disease which strikes many parts of the body (Lupus). I would have to say that I am better-off both physically & cognitively/mentally with regular hemp heart use.

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

My blood pressure is always stable and my arteries are clean. I never take any medication and I feel great!

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

I have no pain or inflammation in my joints at all. Great product. If more people used it I am sure they would notice a big change in their health and energy levels.

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:

As above, meals are smaller and more nutritious as hemp hearts make for an excellent day-start foodstuff & a motivation to maintain such a good start with good diet. H.H. acts as a catalyst to mind & body.