

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 do not have the urges to eat junk food any more. Just protein and feel very healthy.

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 I can remember my energy level never changed, but I do feel great emotionally + physically.

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

Very regular bowel movements. And I attribute H-Hearts to controlling my hot flashes - I need these yummy healthy seeds.

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:

Previous to eating Hemp Hearts I struggled with constipation. I am now have regular elimination and therefore feel more energetic + healthy.

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:

LIKE I MENTIONED ABOVE, MY BLOOD PRESSURE IS WAY BETTER THAN BEFORE.

~~NOTE~~ I OFTEN WONDER IF I WOULD BE ABLE TO TAKE HEMP HEARTS ACROSS THE BORDER IF WE DECIDE TO GO HERE ON A HOLIDAY. WOULD I BE ARRESTED? HORRIBLE! BUT I WOULD NOT LIKE TO GO WITHOUT MY HEMP HEARTS FOR UP 2 WEEKS. MY B.P WOULD SURELY RISE.

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:

I have no health problems and stay very active.

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

I have fibre milage and I have hardly any pain my knees severe about because keep active and the Hemp Hearts I hardly feel any pain

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:

Also I have had a Heart Valve transplant, so I am on warfarin including several other drugs. Because of this experience I am checked every month, and I would like to testify that Hemp Hearts has been a plus for me in my condition, and I can confirm better health since taking this product.