

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 suffer from Chronic Pain + Severe Fatigue. Since I've been using Hemp Hearts, ① I have marked energy increase. ② My Constipation caused by medication has vanished, now I have several movement daily.

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

AS MENTIONED, CONSTIPATION, BLOATING & INDIGESTION - NO LONGER A PROBLEM!

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

over all feel healthier

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:

When I first began eating Hemp Hearts I noticed my constipation problem soon was gone. I don't have that bloated feeling after a meal anymore. There is a family history of colon cancer so I find it very important to keep my digestive system working well.

7 Nov G29 2006

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

I have been using seeds for five years. Could not do without. My body feels great.

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

My blood pressure is absolutely normal ranging from 120 (or less) over 72 or so. I feel this is attributed to hemp hearts.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

My digestive health has been excellent, I feel "clean" every day and generally more healthy.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

I used to have digestive problems and bloating - but no more! Most of my life - I was either constipated or loose. Now I have really great bowel movements and feel so much better.