

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 6 months. My registered dietitian recommended these. I liked them right away!!

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:

I eat my Hemp Hearts with oatmeal, yogurt, sometimes fresh strawberries, or blueberries. I have gone from chronic constipation to being able to "clean out" every day. I feel better, not bloated & uncomfortable all the time. The relief this product gives is phenomenal.

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I am over 40, female, diagnosed w/ Type 1 diabetes in 2003. I discovered Hemp Hearts in approx 2006 when I began eating a live food vegan diet. I believe hemp hearts provide all the essential nutrients & vitamins that are normally missing in a vegan diet. They have been a miracle food, especially regarding undesired weight loss. I don't know what I would do without them in my daily diet - but I know my health and well-being would suffer greatly.

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Please describe your experiences regarding digestive health and Hemp Hearts:

finicky to store or use than flax seeds, for example. I do not need to use the hearts for weight control but can see how they would be very good in that respect. Long live hemp hearts!

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

I am in my 60th year of life and have found Hemp Hearts to be the miracle food I have been searching for all my life. Plagued with bowel troubles all my life I am finally free from all of that. My daughter of 39 years who suffered from irritable bowel syndrome is grateful that I introduced her to them as well.

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 noticed my skin is looking better since I've started eating Hemp Hearts. I love them & eat them any time of the day!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am sooo regular for the first time in my life — I go Nowhere without my hemp hearts

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

I was pleased to discover Hemp Hearts, at least 5 years ago and have eaten them ever since. I use several cases per year, and share them with friends.

A vegan (vegetarian), I am overjoyed to have this tasty source of protein as a change from the usual beans, tofu, peanut butter and nuts.