

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 have suffered with severe chronic constipation for my entire life. Hemp Hearts has been the only product I have used to help with this condition. I now have 1 or 2 bowel movements each day instead of 1 per week like in the past without Hemp Hearts. I no longer need laxatives or harsh chemicals. It has changed my life! I feel so much more healthy!

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:

My skin is moist & I feel healthier.

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:

(In The Morning) I have heart disease. I find this keeps me feeling better

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

I have not been monitoring my blood pressure but overall I feel well and attribute feeling healthier to the benefits my digestive system receives since I have been eating Hemp Hearts every morning.

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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:

because Hemp ♥ gives you balance a sense of well-being
you feel better

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:

N/A
I truly like the taste, I like how I am not
hungry & I love how I feel. I love Hemp
Hearts

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:

Since I've been taking Hemp Hearts, ~~I have been~~ avoiding
starches and processed foods, I have lost a ~~considerable~~ 30lbs
I am no longer obese and I feel great.

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:

using every day gives a more steady balance