

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 condition:

- I just feel better. I like H.H., they taste good and I like that they are good for me.

- "Feel good food"!

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:

All I know is that it works for me and I have told others and they are taking it too. I hope to be able to get the Hemp Hearts for a long time to come. A happy customer

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Please describe your experiences with Hemp Hearts and any serious health condition:

FABULOUS FOR CONSTIPATION!!!
Only thing that really works.

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:

This is true - when I use the H H I have no mid morning cravings and I'm mentally alert through to lunch.

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Please describe any external changes experienced with respect to skin and hair conditions:

I am healthy + continue to feel healthy + energetic.

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Please describe your experiences with Hemp Hearts and any serious health condition:

n/a.

Hope this is of some support for your cause. It would be disastrous both physically and spiritually if I had to go without my hemp heart daily "morning fix". Thanks for your time

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:

Since to using 2 TBSP of hemp hearts per day, i.e. prior to Jan 2006 - I suffered from chronic irregular bowel movements - this is my main reason for continuing with the hemp hearts - It is also my selling pitch - you may note I order far more hemp hearts than I could possibly eat. I'd eat that because I have a regular bowel movement daily.

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

none experienced - Only a total feeling of well being - never constipated, regular morning bowel movements are great.