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

I'm healthy, I have no high blood pressure. Keep eating hemp hearts! you'll live longer!

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 am now a "senior" citizen but wasn't when I started taking hemp hearts. A nutritionist told me about hemp hearts. I've been using hemp hearts for 2 years now and frankly have never felt so good!

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 do like my fruits e veggies, but as i said before it gets a bit difficult, to eat when you are by yourself.
i order them by the case and love it.

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 serious health problems or diabetis but I avoid processed food, startches, sugars. When ever possible, I use hemp Hearts in yogurt, soups, omlets, stews, stir-frys + others. Please don't take them away from me.

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

Of note: My bone density reports that rather than going down (with age) it is improving! - This is great!

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:

People remark on my lovely skin + lustrous hair. I'm doing the right thing looking after my body.

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:

I have been using Hemp Hearts for about 15 years now and my weight has not changed very much. and I think its helping my diabites on an even keel. I'm 88 years old and feel just great. I still play a round of golf every day when the weather is right.

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

Been using hemp hearts for @ 4 years. I order a case at a time as I have a father who is 81 + swears by it. A sister, a sister-in-law, a friend + her husband, a son + his wife.

The energy + vitality we get from hemp hearts is phenomenal. It also keeps a person regular + all will testify to these facts