

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'm not diabetic, and don't have any serious health problems.

Taking Hemp Hearts each morning, gives me a good feeling and energy all day, and good elimination.

I won't be without them.

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:

Since including Hemp Hearts in my diet I would suggest that I have an improved feeling of well-being and increased energy. Some people, seeing me working all day long suggest that, at my age, I shouldn't be working so hard for long! Today, many of those people are now consuming Hemp Hearts.

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 USING THIS FOOD, I NOW ENJOY 3 DAILY BOWEL MOVEMENTS. WHAT BETTER PROOF TO KNOW TOXINS AND WASTE IS MOVING THROUGH THE BODY PROPERLY.

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Please describe your experiences regarding energy and Hemp Hearts:

The energy level has increased as has general feeling of well being

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Please describe your experiences regarding energy and Hemp Hearts:

Energy level is maintained past lunch time - but always eat lunch on a much lighter menu & feel very well & active from hemp hearts.

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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:

I do eat 5 tbs of Hemp Hearts every morning for breakfast. Sometimes I also have an apple or pear, etc with it and I can easily work effectively & fully focused without hunger until mid afternoon.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Every morning I make a greens & fruit smoothie and I also consume a half bar of 'More than a square meal'. I find this maintains my blood sugar levels so that I have energy and no 'brain fog'.

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