

1
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:

one can easily lose weight on hemp hearts and vegetable (raw) and still feel great and look good, even your skin changes on your face, and you look or life different.

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've found I feel best, and have most energy, when I breakfast on a mixed ^{green} salad with 5 scoops (Tbsp) of hemp hearts. I also love having this meal for lunch, on those days when I can't have it for breakfast. Then I'll add some sardines, or salmon, or a hard-boiled egg, well. My purpose is to maintain optimal health, energy, and well-being. ^{Hemp hearts definitely help!}

2
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Please describe your weight control experiences with Hemp Hearts:

Without changing my diet, I have lost over 20 pounds in the six months without trying. It has contributed to my well-being.

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 a senior Lady @ have been using hemp hearts for about 2 yrs it was recommended to me by my neighbours, & I find I have much more energy, feel better because if I miss a couple of days I can tell the difference.

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

my name is James:
since I first start using hemp hearts
my health has improved immensely. I have had
a lot of stomach problems, no more now, I only
wish I have heard about it earlier, no more
Aib. pills. I feel like a new person.

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

Definite feeling of well being - less leg swelling
& inflammation of joints.

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:

-helps with mental ~~clear~~ clarity

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

HAS NEVER BEEN AN ISSUE, BUT MY STRESS
LEVELS ARE REDUCED BECAUSE I GENERALLY FEEL
BETTER, MY BODY IS MORE AT EASE