

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 only use 2 tbsp in the morning with cooked oatmeal. Tried 5 tbsp, made my stool too loose. This 2 tbsp is a good balance. I did find when I was eating 5 tbsp my appetite did decrease + energy level was more even.

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:

Dear Roger: Our experience has not been very drastic because we don't take 5 Table spoons as you recommend. I take 2½-3. My wife takes 1½ Table spoonful for breakfast, that keeps our bowels regular and we miss lunch. We have been on the Hemp hearts for about 2 years. supplied with hemp hearts -  
Thank you very much for faithfully keeping ~~supplied~~ with hemp hearts -  
Yours truly B

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:

Hemp Hearts are good by the spoon - just chewing them - or added to plain yogurt, raspberries blueberries and kashi cereal. If I have hemp hearts one day the next day I have a definite, one-time bowel movement that clears

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

After a few years of taking hemp, I decided to "cut back." I knew it was not an imaginary, I ached more and was constantly stiff. Constipation and lethargy occurred often.

Harris

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

Overall, my body has improved in elimination  
sleep patterns and energy levels

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**Please describe your experience regarding hunger and Hemp Hearts:**

2 Tbsp. hemp hearts in a.m. even while in hospital  
(2 weeks in December) I lost weight in hospital but  
went back to my normal wt. of 129 lbs. once  
home. Hemp hearts made my bowels work and keep me  
regular. I do find that hemp hearts satisfy my hunger

Type II Diabetes.

**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 am using Hemp Hearts as an integral  
part of my health management plan  
it's hard to assess all benefits but for  
sure digestion, bowel movements and  
energy are improved with hemp hearts

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

I am not taking it for weight loss etc. I just like how  
it tastes. Two tablespoons with fruits & nuts in  
the morning makes my breakfast tasty. It does  
work on regularity, & gives energy too!