

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 have been on hemp hearts for over 2 yrs and have cured my bleeding ulcer and lost over 165 lbs and doing very well, all because of hemp hearts. Thank you very much

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

have mentioned the swelling & burning/pain issues of legs. have considerably less bowel/anal pain as a result of effortless movements - stools move through me instead of solidifying like clay and shooting things down. This reduces the amount of "general gut cavity pain" in my day.

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:

I have modified my eating regime with a diet that is good for me. It took a period of time for my body to get used to this new one. My digestive health is very good. I am off all medication (except insulin) and need no help with digestion, sleep, excreting, etc. I add 5 apricots daily to reduce the acidity of my body.

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

I have 1-3 bowel movements daily. My bouts of depression are a thing of the past. My general health is pretty good for my age. I have no more stomach trouble, no Restless Leg Syndrome, no headaches, no bad sleep habits

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:

Hemp Hearts is a great product & I would recommend it to anyone who wants to stay healthy. My digestion & constipation is much better since I started taking TSK Nic.

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I did have digestive problems but that seems to have improved since I've been taking hemp hearts

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My digestion seems to be improved however I do take an enzyme when I eat but if I miss my hemp hearts I can tell the difference

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→ Excellent digestive health.