

We advise customers that hemp hearts should be eaten for breakfast with unprocessed raw meat 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:

My hemp seeds are taken with fresh or frozen berries, sugarless yogurt, $\frac{1}{2}$ teaspoon of spirulina, tablespoon of flax (ground), raw pumpkin seeds, $\frac{1}{4}$ teaspoon of ginger, one teaspoon of beer yeast and a tablespoon of cinnamon. I can go five or six hours without even having a snack. For the past four years I have had "excellent dietary control" of my blood sugar.

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 been a diabetic since 1980. And in the last four years my blood sugar levels have been great. I believe that the Hemp Hearts are what helps to keep it under control.

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:

Hemp hearts definitely temper hunger and regulate my glycemic index. If less healthy food is available when I'm not home, I notice that I'm tired after a meal and am hungry soon after if it's too much carb.

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Please describe your experiences with Hemp Hearts and any serious health condition:

Since I started taking hemp hearts I have been able to keep my sugars in the 6 range and am not on any medications.

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I'm a type 2 diabetic and I can keep my blood sugars between 74-11 when taking Hemp Hearts.

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 believe that I have been using this product for at least 5 yrs. I am a diabetic (new for 8 yrs) & this product is part of my morning diet. It keeps my sugar readings in the "normal" range when added to my morning drink.

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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 don't use Hemp Hearts for weight control. I use them for Blood Sugar control.

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Please describe your experiences with Hemp Hearts and any serious health condition:

I have been lax with the Hemp Hearts and yes my blood sugar has gone up. so I am back at using Hemp Hearts more faithfully.