

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:

2 years on + off using Hemp Hearts.
I use it to keep my cholesterol levels low +
I also enjoy the regular bowel movements.

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

For 2 years I've been taking 3 heaping Tbs. of Hemp Hearts.
My last medical in 2008 showed my cholesterol down to normal, my triglycerides near normal + my liver function test no longer a concern. The previous medical showed high cholesterol + triglycerides + my liver function was similar to an alcoholic and I do not drink. I am not on medications + have not changed lifestyle.

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:

My cholesterol went down.

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

My blood is regulated since I started using hemp hearts. Helps me ~~to~~ keep my Cholesterol down.

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

Before started on hemp hearts I had colaseral & was on pills, now I don't have to take pills

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 WAS 188 LBS WITH HIGH BLOOD PRESSURE (150 over 90 APPROX ON AVERAGE). I ALSO HAD HIGH CHOLESTROL, THEN I BEGAN TO TAKE HEMP AND CUT BACK ON CARBS. THIS WAS 3 YEARS AGO. AFTER 3 YEARS, I DROPPED TO 160 LBS. PEOPLE AT WORK ASKED ME IF I WAS SICK, I ANSWERED THAT I WAS LOSING TOO MUCH WEIGHT. I HAVE NOW BROUGHT IT UP TO 165 LBS. DR. APPOINTMENT IN MAR. OF THIS YEAR REVEALED NORMAL BLOOD PRESSURE AND NORMAL CHOLESTROL LEVEL. DR. SAID "WHATEVER I'M DOING, TO KEEP DOING IT."

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

MY BLOOD PRESSURE LEVEL HAS BEEN GOOD UP TO THIS POINT IN MY LIFE. I HAVE HAD ISSUES WITH MY CHOLESTEROL LEVEL, HOWEVER THE LAST BLOOD TEST I HAD WHICH WAS A FEW MONTHS AFTER I STARTED EATING HEMP HEARTS SHOWED A SIGNIFICANT IMPROVEMENT OVER PREVIOUS TESTS.

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

I try to eat as healthy as possible. I stay away from the food you mentioned. I am also able to control my cholesterol this way. I believe hemp hearts help.