

ve claim that consumes the use hemp hearts in quantity each morning that decreased 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 levels were too high in spite of the fact that I exercise regularly and do eat LO FAT. My LAST Cholesterol level was NORMAL AND I CREDIT Hemp Hearts because NOTHING ELSE HAS CHANGED.

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

→ ↓ cholesterol levels

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

I took Hemp Hearts to lower my cholesterol which I found worked extremely well.

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

The wife and I both take Hemp Heart about four times a week. I was taking Lipitor to lower my bad cholesterol. I took them for about two months and my neckles on one hand started to crack & fluid coming out. I quite taking them & started taking Hemp hearts. When I had my yearly medical last few months later my cholesterol was down & my doctor was quite pleased.

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

We was 9. were both 81 years young & feeling great.

Norm.

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 would not be this drastic but with Hemp Hearts, reduced carbs, reduced sugar and adequate protein I have lost 30 lbs in 6 months. My cholesterol is lower too.

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:

Was 215 lbs, now 180 lbs - 6 ft

Taking for 2 years.

Within 3 mos, my triglycerides were reduced by 40%.

LDL - Down Too.

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 knew when I didn't ~~eat~~ <sup>eat</sup> hemp hearts regularly my cholesterol was up and since I ~~eat~~ <sup>eat</sup> hemp heart again it is down.

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 67 yr. old female who started using Hemp Hearts about a year ago. A receptionist at the clinic suggested it helped her lower her cholesterol. I started taking 5 level tbsp with cereal or yogurt each day. I also ate 23 almonds and lowered it from 5.9 to 2.9.