

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:

Used to be very constipated all the time. With my shake every morning I am very regular and really need to go when it is time to go. My high cholesterol is no longer. Thanks

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 noticed that my good cholesterol has improved therefore improving my ratio between good & bad cholesterol. The omega fats have helped.

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

B.P. is great — 110/60. My doctor is jealous. Oh! My cholesterol is 5 and stable.

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

I have chronic headaches & rely on hemp hearts for bowel regularity due to high intake of codeine for pain control. A side effect is that my cholesterol has come down.

I think I've been on it 2yr.

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

I am seventy four years old and have been taking Hemp hearts for five years and feel as good when I was fifty. It has lowered my cholesterol my blood pressure is normal.

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

My cholesterol levels are acceptable to me and my blood pressure remains on the low side (116 over 66)

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

they take away the hunger and supply me with the omega 3 fatty acids I need to control my blood pressure and cholesterol as a result, was able to stop my cholesterol meds. (crestor)

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

5 years, I believe it has taught my cholesterol & Blood Pressure down. Also keep everything moving.