

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:

- use: 2 years
- I have lost approximately 90 lbs and although a diabetic, I have experienced much improved glucose level consistency.

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

I am 70 years old and have been using Hemp Hearts for the past year and a half. I have an irregular heartbeat and am happy to inform you my health has greatly improved with 4 Tbsp. of hemp hearts every day. My constitution is regular and healthy and my cholesterol is insignificant. Large improvement to my blood pressure as well.

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

Blood pressure dropped in two months from 165/85 to 120/70
Cholesterol from high to normal

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

Cholesterol is down
keeping blood pressure normal
still need to be stricter to lose more weight.

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've been using Hemp hearts for 3-4 yrs and use it in the morning on cereal or eggs. Being diabetic I find it really controls my cholesterol, and only take 1/2 melformin twice a day for my Diabetes.

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:

Being diabetic, energy comes at a premium. The body is looking for "Nutrition" as you say in your literature and we often succumb to fast foods like grains. Grains have nothing in them. They are an urban environment's solution to starvation prevention, but have no nutritional value. Hemp seed is great for the diabetic and the protein doesn't elevate cholesterol.

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

Although I am diabetic, I work offshore and have no control over what is cooked for meals, but I can say that if I watch what I eat and exercise to burn a few calories I can control my sugar levels and avoid medication, although testing is necessary to monitor sugar levels.

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

- I have never been insulin-dependent but I required major surgery which was only approved after extensive circulatory testing. Over the 2 year period my circulation has not deteriorated and the test was stabilized.