

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 BEEN USING HEMP HEARTS FOR ALMOST A YEAR AND HELPS ME FROM BEING CONSTIPATED DURING MY CHEMO.

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:

Helps with energy --- M.S. causes fatigue.

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

I have an ileostomy and find the hemp hearts (ground) are very compatible to my short digestive system.

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Please describe your experiences regarding energy and Hemp Hearts:

If I have 4-5 tablespoons before a ride (2 hrs. before actual ride), I have sustained ability to maintain speed. I used to drink coffee for the same effect; now I have a hemp shake and ... consistently have superior rides.

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

I have Chronel's and my attacks are far and few between. Being regular and off sugar has made a major difference.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit 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:

Before Hemp Hearts, I had a digestive, bowel problem since I was 11 years old. I had tried many drugstore and then in later years, many natural herbs & solutions. None really helped until Hemp Hearts. I have been regular, no bowel problems for the last (6) years. It is such an amazing thing, no one would relate unless they had a chronic bowel problem.

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Please describe your experiences regarding digestive health and Hemp Hearts:

celiac disease is a disease of the small intestine therefore I have had bowel problems all my life. Constipation was a way of life for me, until I started on Hemp Hearts 4 years ago. Since then my bowels are as regular as a clock. Hemp Hearts have been the most beneficial product I have ever used.

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

BECAUSE OF THE TYPE OF CANCER I BLEED VERRY EASY - A SCATCH ON THE SKIN PRODUCES A LOT OF BLOOD - THIS ALSO HAPPENS ON THE INSIDE OF MY BOWELS WHEN I HAVE A FLAIR UP. NOW I HAVE WAY LESS BLOOD PROBLEMS INTERNALLY AND I BELIEVE IT IS DUE TO THE ADDED PRODUCT OF HEMP HEARTS.