

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 AN 89 YR OLD MALE AND HAVE BEEN USING HEMP HEARTS DAILY FOR APPROXIMATELY 1 1/2 YRS. TO HELP WITH DIGESTION. AS I HAD A COLOSTOMY 9 YRS AGO. HEMP HEARTS HAVE HELPED ME TREMENDOUSLY.

JOSEF

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

HAVE HAD IBS
AND THAT HAS BEEN GOOD

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:

Hemp Heart are very helpful. I use to have problem with my digestive system before Hemp Heart..
my daughter share's my hemp hearts. She agrees the same as me. She is a new first time Mom. (Breast feeding) finds hemp hearts very helpful.

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

None - I did give a container to my niece who was experiencing morning sickness. She was able to eat the hearts and keep them down - She had more energy and

did not
feel so
weak

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As a vegetarian I get plenty of fiber. Hemp hearts are one of my main sources of protein and my digestion is excellent.

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I am a mother of 5 & grandmother of 2. We use hemp seeds in smoothies & my babies love milk with hemp seeds. We have been using them for 15 yrs. We LOVE them! (I haven't used the 5 heaping tbsps. as per other questions)

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My 8 year old granddaughter also eats Hemp Hearts for her bowel issues, and she, at 8 years old Asks for Hemp Hearts. She also knows what works.

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:

As above my Chroone's is under control.