

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:

It's just been a few months but I love them. It has really improved my digestive health. Also my daughter is allergic to eggs so I'm glad she gets the protein from hemp seed.

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:

Hemp hearts in diet do seem to improve blood sugar levels - stabilize - at least I feel better! And have energy longer. Sometimes have hemp hearts anytime - when I need a boost. Eat with flax & honey or home-made jam. Good stuff!  
THU 11 10 11 avoid restriction for grains I had I cannot eat!

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 lost about 40 lbs after having my second baby. I consumed hemp hearts about 4-5 mornings a week, but I also continued to eat throughout the day as I was breastfeeding.

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

I use hemp hearts because I have a wheat sensitivity although I have not been diagnosed as being celiac. I feel better avoiding most grains that contain gluten. I am now 65 years old and this past winter lost approx. 25 lb. as part of my overall health care maintenance program. I also exercise by walking 3 or more hours per week. I have been using hemp hearts since last fall some time.

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

I AM A 56 YR. OLD FEMALE AND HAVE BEEN USING HEMP HEARTS FOR ABOUT 2 YRS. I'VE BEEN A VEGETARIAN FOR ABOUT 12 YRS. AND STARTED TAKING HEMP HEARTS FOR THE PROTEIN & OMEGA FATS.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I am a vegetarian and prior to taking hemp hearts I suffered from dry, brittle hair. It is now strong, shiny and healthy.

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

Hypoglycemia - very restricted diet  
- no problems with hemp hearts.

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

Heavily engaged in extreme exercise. Current goal is 4 Ironman distance races in the next 16 months. We have been using hemp hearts for ~1 yr primarily at breakfast to supply protein / healthy fat w./ morning cereals