

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

During the time I've been take Hemp Hearts, I've experienced major surgery because of a pre-existing condition. Five years ago, it was discovered that over forty years ago my 5th cervical vertebra was crushed due to a fall while mountain climbing. At that time, since I was laying in a hospital bed for three weeks to recover from a concussion and skull fracture, doctors did not x-ray my neck, which was 'broken' so it healed with the broken bits of the 5th cervical vertebra pushing against my spinal cord all these years. A pain between my shoulder blades and numbness in my left hand and arm brought this condition to the attention of the very competent orthopedic surgeon in Calgary who eventually did surgery on my neck, cleaning away broken bone pressing on my spinal cord and enlarging space so nerve fibers would no longer be pinched and cause pain. I'm convinced that because of the good nutrition Hemp Hearts provides, I've fully recovered from the affects of this very invasive surgery.

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:

Candida is controlled + improved a great deal with Hemp Hearts

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:

Yes this true and also sleep better.

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 a 48 year old woman with various health issues, as I take several different medications, I have been using Hemp Hearts to counter-act the nasty side effects of my pills. It's great!

have been using H.H. for 4 years

... 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:

Hf's combined with 100% raw fruit + vegetables
Keep me nice + cleaned out - thank you very much

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

they take no preparation, with some fruit they keep me ^{well} satisfied till ^{Sometimes the whole day} noon and past. It upsets me so greatly to think I could not have them - They supply me with health.

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 feel Hemp Hearts is a definite contributor to my quality of life - a basic part of nutritional health. I have no plans to discontinue using it.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

Hemp hearts have made an enormous difference for me. I do not take the recommended amount. I use 3 level tablespoons, which I find sufficient to hold me til lunch time with no problem.