

**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'll keep eating them as long as I can afford them!

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

From our present experiences we are happy with our results, and have had nothing but excellent physical responses.

**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 70 yrs old; I've been using hemp hearts for about 3 yrs (I also have given them away & caused other people to order them) — they are wonderful.

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

I do not have diabetes

Please continue to allow me the choice to use H. Hearts to keep me healthy in a natural way.

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

*We have been on Hemp Hearts for the last 8 years and will stay on it as long as we can enjoy it*

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

*I AM A 6 foot 3" male. I Am 55 years old. Six years ago I WAS diagnosed with diabetes, type two diabetes. The hospital education centre put me on their food guide and I started tracking my blood sugars. IN the following two years, I searched for correct dietary guidance. I was thin and weak and my blood sugars were always to high. I finally found my bible - The paleo Diet. Hemp has been part of that diet for four years.*

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:

*My digestive system is in great shape. I eat anything with no problems. My bowel routine is very regular, no problems*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*They are certainly an absolute gift from the Gods when it comes to digestive health & constipation. I only have a problem when I do not eat Hemp hearts because I may be on holidays and chance my diet.*