

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

I've sent H.H.'s to my daughter who ~~has~~ has varicose vein problems and a lot of pain and H.H.'s have helped her. Since I have been on them, I do not have the vein problem I used to have either. They seem to have strengthened the vein walls & improved my circulation.

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 H. for over two years and would not go without them. I have more energy and now have regular bowel movements. Before H.H. I was always constipated.

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 I started on the hemp hearts I had to contend with diarrhea all the time. I am so very glad I don't have that any more. It was such a difficult problem.

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

my name is Frances:  
since I first start using hemp hearts my health has improved immensely. I have had a lot of stomach problems. No more now, I only wish I have heard about it earlier, no more Adv. pills. I feel like a new person.

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:

Consuming Hemp Hearts and avoiding sugars, starches and especially processed foods, keeps me healthy. My hair and skin also benefit from this wonderful food.

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:

We love the hemp hearts. At 5' -- -- 3

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

I am a nurse and i have been using and recommending your product for 2 years

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

I am very please with Hemp Hearts  
I am going to tape it as long it be on  
keep the good work. the market