

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:

Helps with energy --- M.S. causes fatigue.

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 HEARTS FOR ALMOST A YEAR AND HELPS ME FROM BEING CONSTIPATED DURING MY CHEMO.

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

BECAUSE OF THE TYPE OF CANCER I BLEED VERY EASY - A SCRATCH ON THE SKIN PRODUCES A LOT OF BLOOD - THIS ALSO HAPPENS ON THE INSIDE OF MY SOLETS WHEN I HAVE A FLAIR UP. NOW I HAVE WAY LESS BLOOD PROBLEMS INTERNALLY AND I BELIEVE IT IS DUE TO THE ADDED PRODUCT OF HEMP HEARTS

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: *beliac*
disease is a disease of the small intestine therefore I have had bowel problems all my life. Constipation was a way of life for me until I started on Hemp Hearts 4 years ago. Since then my bowels are as regular as a clock. Hemp Hearts have been the most beneficial product I have ever used.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before Hemp Hearts, I had a digestive, bowel problem since I was 11 years old. I had tried many drugstore and then in later years, many natural herbs & solutions. None really helped until Hemp Hearts. I have been regular, no bowel problems for the last (6) years. It is such an amazing thing, no one would relate unless they had a chronic bowel problem.

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 credit The Hemp Hearts, together with the other supplement and vitamins I take with boosting my immune system.

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

I have Chronels and my attacks are far and few between. Being regular and off sugar has made a major difference.

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Please describe your experiences regarding digestive health and Hemp Hearts:

my bleeding ulcer disappeared and feel absolutely healthy.