Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

My blood pressure is excellent on last physical, also heart, so something in Hemp Hearts keeps me in tip top shape.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Have been taking BP meds for almost 10 years. Diuretic was added because of edema about 5 years ago. Have recently reduced BP & diuretic meds to half of what I was originally taking! Hope to get off all together (~~and~~ I am doing this with dr's OK.)

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

It digest food better and I no longer get heart burn.

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 45 years old & have been taking hemp hearts for 4 years. The prime reason for trying hemp hearts was for extra energy. What I discovered was an end to heart palpitations which plagued me for years!!

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:

We both suffer from muscular conditions. Our energy levels have increased ten fold & are able to be more active during the day compared to low energy levels prior to taking Hemp Hearts.

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:

Have hight blood presure & arthritus.
All seem to be under control.

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:

Improved thyroid function

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

My blood pressure is lower now - My angiogram in Dec 07 indicates I have a healthy heart which I want to keep that way.