

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 61 and started using Hemp Hearts because I have IBS and I also wanted to reduce my urge to snack.

I have been using Hemp Hearts for 2 years.

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

By taking Hemp Hearts every am. I remain pain-free and able to pursue the activities I enjoy (kayaking, x-country skiing, knitting, woodsplitting, etc.). If I travel and don't have my Hemp Hearts, my joints become painful and my activities decrease, hence I feel unwell and 'cranky'.

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 IBS is much improved.

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

I have diverticulitis and have had no problems at all since using hemp hearts and a proper diet.

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:

I have M.S., but have remained quite active, but feel the H.H. play a big positive position

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

I have IBS & could not find anything to help with cramps, diarrhoea & constipation from morphine. Then a friend told me about hemp hearts 2-3 yrs ago and what an improvement. When I stop eating hemp hearts in the morning I find myself in the vicious cycle of diarrhoea, severe painful cramps & constipation.

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

I am a cancer survivor & watch my diet trying to eat no processed foods. I eat this every morning on my toast & peanutbutter. I have used them for about 2 years now.

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

- JUST HAD SURGERY (MET. MELANOMA REMOVAL & LYMPH NODE (BX))
- HEALED VERY FAST.