

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:

Hmmm? Due to illness (Sjogren's Syndrome) + medications my hair used to fall out constantly. It no longer does except for a normal amount.

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

* I rarely have flare up days w/ the diagnosed Fibro myalgia due to tissue inflammation.

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

Because I have RA I believe the healthy eating along w/ hemp hearts allows me to live a productive and with very limited pain.

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:

Prior to Hemp Hearts I required digestive enzymes formulated for Proteins + Carbohydrates. These are no longer required + over my time of usage, inches are on the decrease.

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

I have thoracic outlet syndrome + it has helped with the pain.

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 a 54 year old woman who has used them for about a year. They have given me so much energy and I do not get sick often

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:

I find them easy to digest (I have IBS) at anytime & actually calm my colon.

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:

At the beginning of my daily use with Hemp Hearts my immune system was low. I have regained energy + endurance along with clearer thinking.

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'm ^{female} 49 yrs old & have used hemp hearts for 4 months
I'm healthy, moderately active and notice feeling even better and less susceptible to illness when I use hemp hearts daily (2 Tbsp)