

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:

My son has diabetes and he loves Hemp Hearts in his morning smoothies. Helps his energy up and helps keep his blood sugar in tack.

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Sjogren's Syndrome - a serious, cross over auto immune disease. Hemp hearts each morning appear to give me more energy than if I don't have it on my cereal. Also help w/ bowels - quite possibly w/ some of the

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I AM A DIABETIC AND DEPEND ON INSULIN. SINCE TAKING HEMP HEARTS MY GLUCOSE LEVELS ARE UNDER CONTROL AND CIRCULATION IN MY FOOT HAS GREATLY IMPROVED.

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:

one big thing I really like is a big reduction in cellulite & slimmer thighs. my arthritis is nowhere near as bad

general body pain & inflammation

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 am a thyroid sufferer, always tired barely able to work 6 hrs a day in a shingle mill, since taking the hemp heart. I am now working 11-12 hr days and full of energy, my son whom has epilepsy was always so tired unable to go to school, now he has energy and back in school - thank.

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Had a mild stroke, spent 2 months in Hospital in Regina - Refused H.H. To ad nurses who were in die need of Hemp Heart.

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has improved my husbands circulation but he is ~~not~~ not diabetic. It also helps stop the craving for having a cigarette.

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I am Type 2 diabetics I do not take Medication or insulin - only Hemp hearts