

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:

stroke survivor
a severe condition
much better since
taking hemp
about 2 years?

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

I'm a 62-yr-old woman, 5'8", 145 lbs, active.
I have ~~had~~ a mild case of diverticulosis - therefore I'm most concerned about bowel regularity. HH really help!
I've been eating HH's for about 2½ yrs. I like them on oatmeal with banana in the morning. I only use about 3tblspoons. I also use them in baking - muffins, cookies,

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:

HEMP HEARTS ARE CRITICAL IN MY
CAREFUL DIET TO MAINTAIN DESIRABLE
BOWEL MOVEMENTS IN SPITE OF CONSTANT
NARCOTIC USE FOR INTRACTABLE SEVERE
PAIN

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 have no serious health issues other than Rheumatoid Arthritis and Hemp Hearts are definitely a benefit.

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PRIOR TO USING HEMP HEARTS I HAD BEEN TREATED FOR AND OCCASIONALLY HOSPITALIZED DUE TO IMPACTED BOWEL. A CHANGE IN DIET RELIEVED THE PROBLEM SOMEWHAT BUT ONCE I STARTED USING HEMP HEARTS, ALONG WITH THE DIET, THE PROBLEM HAS ALL BUT ~~DISAPPEARED~~ DISAPPEARED

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

80 year old. Lifelong Vegetarian. CVA in 1996. 2 x Cardiac Events 2000
constipated with medications. Hemp Hearts have corrected this.
Have 1 eggcup full each day with Breakfast.
(Cup is 75 ml capacity)

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Please describe your experiences with Hemp Hearts and any serious health condition:

I CONSIDER HEMP HEARTS A VERY IMPORTANT PART OF MY CAREFUL DIET OF PROTEINS, FIBRES, FRUIT & VEGGIES; ALSO CRITICAL FOR MY BOWELS. (NO PRESCRIPTION DRUGS WERE EFFECTIVE FOR MY NARCOTIC CONSTIPATION)

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Please describe your experiences with Hemp Hearts and any serious health condition:

Once again - I've noticed many great things since I've started using hemp hearts with regards to my M.S. Namely - energy level, bowel regularity, skin softness, reduced hunger etc.