

**We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.**

**Please describe your experience regarding hunger and Hemp Hearts:**

I have hypo-thyroid & usually experience low blood sugar within 2 hours of a meal. Since using HH. I have experienced no weakness & sweating due to low blood sugar.

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

I have arthritis and fibromyalgia and have not had as much pain with either since starting to take Hemp Hearts.

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

By losing weight, blood pressure came down to normal.

7. I use to have a lot of really intense knee pain from patella femoral syndrome and I find that since I started using the Hemp Hearts my day to day pain has decreased minimized and sometimes I have no pain at all. I also have less flare ups of the inflammation that causes this knee 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:**

Since losing weight circulation in legs have improved. Hemp hearts is good source of protein.

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:**

Middle aged female professional; do not tolerate gluten, yeast, refined sugar. Have been using hemp hearts for about 4 months. Use about 1 container (1 lb) every 10 days to 2 weeks.

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 am border line diabetic but I am keeping it under control with my use of Hemp Hearts

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 began using Hemp Hearts approximately two years ago as another source of grains because I have celiac disease which eliminates wheat, barley, rye and oats from my diet. Hemp Hearts is a good source of protein as well. I use it only in the morning - 2 heaping tablespoons on my cold cereal, a banana and other fruit of choice.

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 have Crohn's disease and they help with my protein needs because meat is difficult for me to digest and hence difficult to get enough protein intake.