

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 have been using hemp hearts for 7 years and have felt much better since I started taking them. I have an irritable bowel and fibromyalgia. Taking them keeps it all at bay.

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

Am a woman in mid sixties with a blood plasma cancer. I do not eat a lot of meat so am happy for protein from other sources. I have used Hemp Hearts on/off for 18 months

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:

it definitely helps w hypoglycemia

for 3-4 hrs

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

I have been using Hemp Hearts since May/08. I was diagnosed with "~~Irritated~~ Irritated Bowel Syndrome" and it is now a lot better.

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:

The only health problems I have High Blood Pressure - feel that hemp has completely eliminated my angina & shortness of breath -

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

has helped with my IBS

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

It helped clean out my colon which helped heal a prolapsed and hemorrhaged colon that I had.

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

Not applicable - no diabetes.
Osteoporosis has been stable.