

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 79 years of age, 5 ft. 4", 185 lbs. Retired. At present am recovering from polymyalgia, and have back and sciatica trouble.

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I am a 55 year old woman who ^{has been} ~~was~~ injured in a M.V.A. three years ago. I needed a good source of protein, especially for breakfast.

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 also consume 4 T hemp heart blended with water into hempseed milk as a ^{bedtime} evening snack. It's critical for my hard working 44 year old female body to have ~~an~~ easily digested nutrition for my body's healing at night. My energy needs to go to healing not digesting so hemp hearts are perfect. Since I started doing this I'm stronger at work with less injury and more energy.

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

I have no pain in spite of severe damage to my left hip, have used hemp heart every morning for more than 2 yrs.

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

61 year old male recovering from
using 3 yrs spinal surgery

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

my knees are still sore due to injuries + "irreparable damage" but
much better than they were 5 years ago.

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:

FASTER Healing

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:

Using Hemp hearts aids me
as I am experiencing ~~new~~ neurological
growth following my surgery.
I feel more pain when I don't use Hemp Hearts