We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.
Please describe your weight control experience with Hemp Hearts:

During the first two year of eating Hemp Hearts according to the procedure recommended above, my weight went from 235 lbs down to 175 lbs. During this time I was unable to exercise or walk regularly because of a badly arthritic knee, even after two surgeries on it. Getting rid of 60 lbs of excess weight, while at the same time gaining the benefit of the omega fats and essential nutrients, took me from a condition of waiting for a full left knee replacement to where I now walk an hour every day, dance with my wife at the Legion once a week and otherwise enjoy the benefits of a healthy body. At my age of 72 I take no prescription medication of any kind. Hemp Hearts keeps me healthy and out of the Alberta Health Care System!

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:

At our age we have of course Health problems. But with proper diet and Hemp Hearts we are happy to manage
Thanks!!!

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:

I'm 72 years old and I have no health problems. I have very good skin tone and people take me for late 50's. I don't eat processed food or junk food. I know that Hemp seeds are a perfect food. VG

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 already stated my good health. I am not diabetic but cannot comment there. I can only tell you my health has vastly improved since I have been on the Hemp hearts + I want to stay on them. I have 4 other friends on them now
VG0004

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 a 74yr old female, & have been taking Hemp Hearts for aprox-2 years - I believe Hemp Hearts is good for me - & my heart test say I'm very good, also all my blood test all good-

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:

We are both 80 and are using Hemp Hearts for about 4 years regularly with wonderful results.
A morning without Hemp Hearts is no morning.

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 a 72 year old woman who has been eating Hemp Hearts for a few years. I am in very good health.

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 a 14 yr. old female. and have been on Hemp Hearts for about 1 year. It was suggested by my daughter that I try Hemp hearts as she swears by them. So I did and I just love them. Wouldn't be without them.