

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

BLOOD PRESSURE, ARTHRITIS ETC.
THAT FRIENDS EXPERIENCE —
I DO NOT HAVE.

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 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:

Hemp Hearts provide me with alot more energy than I have ever had. I have had lots of stresses in my life and I know Hemp Hearts have been instrumental in keeping me up and going strong.

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Please describe your experiences regarding energy and Hemp Hearts:

I find mostly I'm being on hemp hearts I am not nearly as indecisive in my decision making, and am doing things as I used to, not just thinking about doing them. I get a good quick start on my day.

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:

HEMP HEARTS .. HAVE REALLY HELPED WITH THE TRANSITIONS OF MENOPAUSE!

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'm a woman and have been using Hemp Hearts for over 1 year. It gives me life. I have more energy than some of the girls we have worked for ~~us~~ which are only 19-20 years old.

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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.

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As it applies to me, this above statement is absolutely true. In fact, as I've already said above, even two to three heaping tablespoons of Hemp Hearts each morning gives me the energy I need to pursue an active and healthy lifestyle each day. For example, although I'm retired I find myself busier than ever. I walked an hour every day. I maintain our home and property, be it woodworking remodeling, wall-boarding or electrical work, I'm always doing something to make our home more comfortable and up-to-date.