

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 UNDER WENT CANCER TREATMENTS A NUMBER OF YEARS AGO AND THE CHEMOTHERAPY MADE MY VEINS LIKE CABLES MAKING IT DIFFICULT FOR THE NURSE TO GET A NEEDLE INTO THE VEIN FOR A BLOOD SAMPLE NOW IT IS A LOT EASIER AFTER EATING HEMP HEARTS I ALSO NOTICE THAT MY VEINS ARE MORE ELASTIC IN MY HANDS

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:

I use it with oatmeal every morning and, never lack energy. Being in my late 70's - I feel as if I am in my 50's -

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I Credit The Hemp Hearts, Together with the other supplement and Vitamins I take with boosting my Immune System.

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:

STARTED 4 yr AGO DUE TO CANCER TREATMENT WAS LOSING A LOT OF MY BODY FUNCTION - TRIED OTHER PRODUCTS TO NO AVAIL. USING HEMP HEARTS HAS DEFINITELY HELPED.

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

No problem with blood pressure even at age 72. wear size 6-8 clothes. Used to wear 10 before hemp hearts. Have lots of energy. I can golf 27 holes of golf plus meals & housework or yardwork like lawn mow - water lawn & flowers.

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Please describe your experiences regarding energy and Hemp Hearts:

Didn't realize hemp hearts gave me extra energy until travelling away a few years ago to a family reunion. Because of all the extra food, I didn't eat any hemp hearts for a couple of days but noticed something "missing" after those couple of days. Had taken some hemp hearts with me and had a serving - could feel the difference right away! Feel so much better! Made me realize the nutritional value of hemp hearts.

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} ~~AM~~ EXPERIENCED NO PROBLEMS ~~WHEN~~ USING HEMP HEARTS, ONLY BENEFITS.

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

I HAVE OSTEO-ARTH. IN BOTH KNEES. FOR 6 YRS. I WAS ON CRUTCHES CONSTANTLY - FULL TIME. IN THE LAST 18 MONTHS, I WENT FROM 2 CRUTCHES, TO ONE CRUTCH, TO A CANE (NOW) & AROUND THE HOUSE, I WALK AROUND WITH NO ASSISTANCE & WHILE I STILL HAVE DISCOMFORT IN MY LEFT KNEE - BUT WAY LESS THAN THE PREVIOUS 4 1/2 YEARS. MY RIGHT KNEE IS VIRTUALLY PAIN FREE NOW.