

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

My bruising is diminished. I feel lighter and
more energetic.

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 STARTED DEC 27/06

I HAVE OSTEOPOROSIS & ARTHRITIS I FEEL SO MUCH BETTER
SINCE I'M TAKING HEMP HEARTS, I USED TO TAKE
9 ADVIL A DAY, NOW I TAKE ADVIL VERY SELDOM

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 have an overabundance of energy - I am not
overweight and never have been. I'm 4' 10"
and a little under 90 lbs. People tell me I
should slow down but I enjoy keeping busy
and if I have the energy I'll keep moving. I
sleep so well and wake up refreshed. (I'm
76 yrs old)

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:

we put hemp hearts on our cereal each morning
it keeps us healthy + no constipation

X 0007

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 experiences with Hemp Hearts:

I do eat nuts, fruit + yogurt for lunch, as well as a balanced evening meal with my family. I have lost weight most notably around my abdomen and thighs, as well as in my face. I wasn't trying to lose weight, just improve bowels! Weight loss was a bonus, energy boost was also a bonus. I feel terrific, and want to stay this way.

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:

Energy plus - I go to my fitness class every morning and do an hour workout every day + do my own routine on weekends. I am strong and healthy. Don't let the age fool you.

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

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 73 years old, active and always working in yard, gardens, housework, hobbies, walk dog 3x day. Have more energy. Sleep 10 hours a night. Feel great. Been on hemp heart 2 years.

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

The energy and digestive aid from H. Hearts keeps one from being sluggish and plugged up. The sluggish feeling causes one to grab a snack rather than water. Being plugged up causes inflammation. When I feel sluggish I'm also easily annoyed. Stillness sets in the joints ...