

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

Overall, my body has improved in elimination
sleep patterns and energy levels

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 condition:

I do feel overall better.

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

I have 1-3 bowel movements daily. My general health is good for my age. I have no more digestion, injection or excretion problems, no headaches, no bad sleep habits.

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 MUCH MORE ENERGY, SLEEP BETTER AND
OVERALL FEEL MUCH BETTER

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

I experience less heartburn, better digestion, and clearer skin.

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

I have experience no indigestion or bloating
since implementing this regime.

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

For Hemorrhoids = helped
For my dry eyes - helped (no more dry eyes)
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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 have been using hemp hearts for 2 1/2 years.
Before using hemp I had a lot of problem with regularity with bowel movement also lots of heart burn & gas - since then I no longer take metamucil or anything for this.

Type II Diabetes.

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 am using Hemp Hearts as an integral part of my health management plan it's hard to assess all benefits but for sure digestion, bowel movements and energy are improved with hemp hearts