

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:

In spite of consuming less food, my energy level was much higher. I slept better, had much less (almost none) acid reflux and have not used TUMS since beginning with Hemp Hearts. My workouts at the gym finally began to show in real muscle building in spite of my age.

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

My general health improved when I began eating hemp hearts

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Please describe your experiences regarding energy and Hemp Hearts:

With Hemp Hearts, I have ample energy. I walk 5-8 kms. daily, do volunteer work + arts + crafts. On our 2 trips to Holland + Victoria B.C. we took along Hemp Heart bars with the same results. I eat very well, sleep well and have energy to enjoy my retirement. I had a Colonoscopy this summer and the surgeon commented on how clean it was.

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 48 years old, I have been using H.H. for about 2 yrs. I am on the road a lot and avoid eating out of restaurants. You have to choose carefully to not wind up eating a lot of fat!! My serving of hemp hearts with oatmeal or bran in the morning makes a huge difference with energy, digestion!! and my favorite, one heartburn etc which comes with rest. food.

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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'm not so tired anymore so I can do my exercises.

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Please describe your experiences with Hemp Hearts and any serious health condition:

I had a fatigue problems for years before taking hemp and it has greatly improved my problem with fatigue.

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 do feel better when I have my Hemp Hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

As stated I walk at least 2 miles each day do projects in and around our home. I go to bed around 10:30 PM and get up at 6:00 AM always refreshed. - n