

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

Used to experience leg pain & cramps @ night - now, I sleep through the night without pain or cramps. Sleeps 8-9 hours a night

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

I haven't had any noticeable internal changes. But my energy and overall health remain higher than friends my age

**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 do believe I feel better, healthier, and therefore have a better energy level when I eat hemp hearts regularly.

**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 think that Hemp hearts help me keep a very balanced diet and a good health and energy level in general.

we claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I ONLY TAKE 2 TABLE SPOONS A DAY IT HAS BEEN JUST GREAT FOR ME

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Please describe your experiences regarding energy and Hemp Hearts:

Yes as I said I have so much more energy I have started babysitting my young grandchildren. Before Hemp I would never considered it.

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:

Around two years overall health is better, more energy

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Please describe your experiences regarding energy and Hemp Hearts:

I have lost 15 lbs. and am at my normal weight for 6 months - I have always lots of energy and get 8 hrs. ~~of~~ sound sleep every night