

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 a 43 year old woman going through the change of life. (lots of problems with that) Hemp hearts just helped my energy level. Hugely.

2. 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'VE LOST OVER 30 LBS, AM VERY ACTIVE, AND LOOK AND FEEL GREAT.

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Please describe your weight control experiences with Hemp Hearts:

BECAUSE I AM EATING SMALLER PORTIONS THROUGHOUT THE DAY, I HAD INITIALLY LOST 10-12 POUNDS - & HAVE MAINTAINED THIS WEIGHT. MY REASON FOR TAKING HEMP HEARTS WAS NOT TO LOSE WEIGHT, BUT TO FEEL BETTER OVERALL!

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

Very regular bowel movements. And I attribute H. Hearts to controlling my hot flashes - I need these yummy healthy seeds.

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

I have no pain and no inflammation. The past year I have not had one cold or flu. It has been a good year health-wise.

**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'VE HAD A SPINAL FUSION OVER 20 YRS. AGO. HEMP HEARTS HAVE IMPROVED MY ENERGY, FORCING ME TO BE MORE ACTIVE, LOSING WEIGHT, REDUCING MY LEVEL OF PAIN IN MY BACK THAT I HAVE SUFFERED FROM ALL THESE YEARS. ALSO, I HAVE BEEN ABLE TO DRASTICALLY REDUCE THE AMOUNT OF PAIN MEDICATION THAT I HAVE TAKEN IN THE PAST

**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 used to have digestive problems and bloating - but no more! Most of my life. I was either constipated or loose. Now I have really great bowel movements and feel so much better.

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

My husband has feeling returning to his feet. Lost the burning and tingling sensation in his feet. They are not sore any more. I have less headaches (migraine)