

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 AM SLIMMER & FEEL GREAT.

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:

Since taking the hemp hearts (June 08), I have lost 5 lbs without a conscious effort. I feel better everyday and walk everyday.

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Please describe your weight control experiences with Hemp Hearts:

~~I~~ We are not watching our weight, but our health is better. I am not overweight.

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 have no serious health conditions and I believe consumption of Hemp Hearts contribute to my good health.

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Please describe any external changes experienced with respect to skin and hair conditions:

I began using Hemp Hearts as part of an overall diet change to reduce inflammation and pain. I did not intend to lose weight but I did. My greatest success was in making Hemp Hearts a consistent part of my overall change in diet. i.e. (low sugar, starch & no processed foods). 3 years later I am pain free.

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

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:

and keeps me feeling good. I know I'm getting the essential nutrients I know I need. I am eighty nine and feel blessed with good health.

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 at least eight years. I am 85 years old and in good health thanks to hemp hearts which I eat every morning with my cereal.

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

Again, hemp hearts keep us both healthy.