

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 very fit and know that Hemp hearts are beneficial to improved tissue health and my entire health in general.

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:

no health issues, take HH to maintain good health.

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

Hemp Hearts has been a part of my regime that my health practitioner has suggested. It has been a good support.

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:

50 year old woman, 5 year Breast Cancer survivor, in excellent health, have used hemp hearts for 5-6 years.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

about 7 years

I am 84 yrs of age.

feel health benefits:
more regular elimination
more energy

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 61 years young, but I've been using the Hemp Hearts for two years now, and I have never felt better.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a Registered Nutritionist and have been personally ~~to~~ using hemp hearts as a part of my diet for approx. 3 years. I have seen in myself, ^{in my clients} a loss of weight, more energy, improved digestion and overall improved health.

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

OVER ALL FEELING BETTER