

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 have always been healthy - I work hard to keep in shape and eat healthy. I am 56 there is very few 25 year olds that can keep up to me at work or in the bush. I can say people tell me my skin glows. I would say this is from hemp hearts

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

No pain

No inflammation

I am 58 years old.

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:

None of us have a serious health conditions but we have lost weight & become healthier overall.

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 condition

I LOVE "HEMP HEARTS"

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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:

USING THEE SEED SINCE 2006

I FEEL GREAT

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:

N/A

I truly like the taste, I like how I am not hungry & I love how I feel. I love Hemp Hearts

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

I have not been monitoring my blood pressure but overall I feel well and attribute feeling healthier to the benefits my digestive system receives since I have been eating Hemp Hearts every morning.

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

You feel much better with more energy.