

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:

My husband (72) and I (70) have been using Hemp Hearts since 2005. We have no specific health problems, but we do enjoy the benefits of Hemp Hearts for our general well being.

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:

It has helped with our whole family's overall health + especially with my daughter's hypoglycemia. Now when every I notice her blood sugar dropping I just give her 2-3 spoon fulls to level her out it is amazing!
Thank you for your product!

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

I have been eating hemp hearts for approx. 5 years. I am 65+, not overweight and in general good health. I find that if I put hemp hearts on my cereal + fresh fruit in the morning I do not get a really hungry feeling until I am ready to have lunch.

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 am in excellent health, doctor sees me 1 once a yr. for annual. Digestion is excellent, only my age is a factor.

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 didn't notice any changes with my skin & hair, I did, however, overall feel fantastic.

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

I have no serious health conditions. Maybe because I eat Hemp Hearts, I love them & they taste 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:

All I know is that it works for me and I have told others and they are taking it too. I hope to be able to get the Hemp Hearts for a long time to come. A happy customer

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

I have been using Hemp Hearts for almost a year now. and I wouldn't want to be without it as I basically feel so much better and I take 2 heaping Tablespoons every morning either in yogurt, porridge cereal or in apple sauce with toast.