

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 condition:

My sister stated that

"You look younger" and I believe it has to do with the Hemp Hearts

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

When I was conscientious of my health & eating Hemp Hearts continually my weight was down & my blood pressure went from high to normal. I felt better my Dr. even asks me if I'm eating my Hemp Hearts & that maybe I should get back on them when my health deteriorates.

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

I notice my skin is clearer and I do believe my overall health is improved.

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 69 Year old overweight Person, that constantly has to fight with Weight Problems. I use Hemp Hearts for the last 5 Years and like the Nourishment and the well feeling Hemp Hearts Creates.

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 believe that hemp hearts have contributed to me not having any serious health conditions

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

OVERALL HEALTH IS IMPROVED

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

My problem with constipation has stopped since I take 3 heaping Tablesp. of hemp hearts been taking it now for about 3 years and ever since my energy and overall health has improved
I do not take it for weight loss

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Feeling good.