

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 taking Hemp Hearts for 3 years and found it to be very useful for my general health & well being. I have more energy and my bowel movements are more regular.

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:

For using Hemp Hearts feel good.

And no serious health condition.

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

Haven't been to a Dr in 8 years but feel in perfect health.

All in all I can't help but say that taking hemp hearts regularly have helped me to maintain a reasonable general health and quality of life.

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 feel good and healthy no pains.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

Another amazing phenomena, is that my energy level is pretty good all day, I haven't had a cold either, since using them.

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

Definitely helps me feel better in general - My skin & hair are healthy looking

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

you're right hemp hearts have all the right stuff to give you energy I'm 125 lbs 5 foot 4 62 years old & feel great

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:

As I've said, I am now very regular but eat no fruits at breakfast. Hemp Hearts simply keep me well & incidentally makes my hair full & healthy.