

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 am not diabetic. My health has been excellent. Hemp hearts are an integral part of my diet.

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I feel they contribute greatly to my health!

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I have not had any specific health issues however I have had many stressful events over the last year and a half and am thankful for the nutritional balance I receive from eating hemp hearts.

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

my last blood analysis is very normal and my body produces enough of vitamins B.  
The doctor suggested that there is no need to take supplements

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

SEE PAIN / INFLAMMATION

MY PROSTATE HEALTH HAS RETURNED. NO MORE URGENCY TO URINATE ON LESS THAN A FULL BLADDER.

IF YOU KNOW ANY LONELY YOUNG LADIES SEND EM MY WAY.

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'm sorry I don't remember exactly how long I have been taking the hemp hearts. (I've had 2 small strokes) I do remember the <sup>food</sup> difference they made, healthwise, for me from the very first day. I'm 78 years old.

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:

Hemp hearts keep my weight down and my blood pressure is normal now, and it is my heart beat. My Dr can't get over my health improvement at 85.

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Circulation improved & overall health benefits