

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:

SINCE I HAVE CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTERITIS IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.

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

My overall great health is only getting better. I have no aches or pains I have not been sick in two years.

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

I always had very high blood pressure since I am on hemp hearts my blood pressure is normal, with a very high heart beat, its very normal now.

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:

Because Hemp hearts stem hunger cravings I have been able to maintain a steady weight & get feel good. I have also been very healthy when there has been lots of flu & colds around me, this past winter. Many people I look after on the ambulance I tell about hemp hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

Energy level is maintained past lunch time - but always eat lunch on a much lighter menu & feel very well & active from hemp hearts.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I've found I feel best, and have most energy, when I breakfast on a mixed ^{green} salad with 5 scoops (Tbsp) of hemp hearts. I also love having this meal for lunch, on those days when I can't have it for breakfast. Then I'll add some sardines, or salmon, or a hard-boiled egg w/ well. My purpose is to maintain optimal health, energy, and well-being. Hemp hearts definitely help!

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:

My health has improved since using Hemp Hearts. Skin has good color & feel, hair also improved -

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

Definite feeling of well being - less leg swelling & inflammation of joints.