

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 WORK IN HEALTH CARE - AND I'M CLOSE TO RETIREMENT. I HAVE BEEN TAKING HEMP HEARTS FOR SEVERAL YEARS. THEY WERE RECOMMENDED BY MY NUTRITIONIST. EVEN THOUGH I WORK IN HEALTH CARE - I KNOW - FROM OBSERVATION - THAT TO REGAIN HEALTH - OR MAINTAIN HEALTH - NUTRITION CARE WORKS!

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

With our regimen of hemp hearts & vitamins (no flu shots) we have not had a cold or flu for 5/6 years.

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 have had no serious health problems, (thanks be to God) I take no medications or prescription drugs.
I am a fan of Hemp Hearts to me they have added to my good health.

2 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:

Without changing my diet, I have lost over 20 pounds in the six months without trying. It has contributed to my well-being.

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

I had a complete physical last month first time in 26 yrs. The Dr. was very impressed with my results - all results were that of a 40 yr. old. They even sent me for a second stress test because they couldn't believe the first one!

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

My husband and I have been using Hemp Hearts for over six years. We are in our 70's and believe Hemp Hearts is the one food product we use every day and that is the reason we both enjoy a healthy active life.

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

not much in changes just keeping well

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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 1 1/2 years. I am 50yr old female who farms for a living. Very active, very physical work. I mix the hemp hearts with fruit and yogurt every morning for breakfast. I take no medications, no aspirin etc. I eat organic, raise most of our food. Never get sick, cold etc.