

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:

I am passing this on to someone else
I know who uses the H. H.

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 no serious health problems
and I am not a burden on the
health care system. My focus is on
prevention through healthy eating (which includes
hemp hearts) + a regular exercise program.

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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.

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When I eat hemp hearts my health conditions
are very good.

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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 a few years. The odd time when I'm without them my health problems worsen a great deal. They are like saving for me. I have many serious problems that improved overall when I started the wonderful Hemp Hearts. It upsets me greatly to think of not being able to take them.

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:

We were so delighted to be able to include Hemp Hearts into our diet and do feel the difference.

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

I take no medication at all, haven't for years. Thank God!! Between Hemp hearts & good vitamins I consider myself healthy @ 68 yrs old.

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

I am almost 70 & I have almost perfect health.