

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:

IT HAS BEEN AN EXCELLENT SOURCE OF PROTEIN, OMEGA FATS (3, 6, 9) AND GIVES ME A GREAT BOOST OF ENERGY SO MUCH SO, THAT I HAVE REPLACED ~~THE~~ SOME OF MY SUPPLEMENTS WITH THIS FRESH SOURCE. I HAVE BEEN USING HEMP HEARTS FOR ABOUT 2 MONTHS - GOOD RESULTS BY 2 WEEKS

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:

They are a part of our daily eating routine & feel that they contribute to our good health.

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 have been using Hemp Hearts for sometime & I find that one does clean out more thoroughly.

I have experienced my digestion is much better, my health in general is alot better, my skin, my hair all have improved.

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

I JUST FEEL BETTER ALL OVER.

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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:

We don't take hemp for losing weight, but we feel very good

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 skin is clear
I feel healthy & vibrant.
hair is thicker
my daughter can't believe how young I look
People say I am 10 years younger than I really am

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

My nails are in good condition
General good health have not been sick with cold or flu in over 2 years

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

I think that with the overall just feeling healthier and having more energy aids in keeping the blood pressure at a normal rate!