

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:

For our age we feel good using Hemp hearts.

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

Overall health is better & keep quite active
so I have to give credits to Hemp seed addition

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

I am very healthy - and aim to stay that way by taking supplements like hemp heart.

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:

EVER SINCE I STARTED Hemp HEARTS, MY BOWEL MOVEMENTS ARE CONSISTANT AND VERY HEALTHY, EVEN WHEN SICK, WHICH, WELL BARELY HAPPENS NOW

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

No concerns. enjoy both healthy -

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

I can not say, but we don't have a cold over the winter time

**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:**

I FEEL GOOD ON THEM.

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 am a senior Lady & have been using hemp hearts for about 2 yrs it was recommended to me by my neighbours, & I find I have much more energy & feel better because if I miss a couple of Days I can tell the difference.

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

I am a 50 year old woman who has been eating hemp seed for one year. It definitely has helped me maintain my ideal weight & has boosted my immune system.