

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 AND WIFE ARE NOT DIABETICS BUT WE CAN HONESTLY CLAIM WE ARE HEALTHIER OVER SINCE WE HAVE USING HEMP HEARTS

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:

We have used Hemp hearts daily for 3-4 years & our health has been & remains excellent.

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:

I'm not sure I noticed much difference in skin hair condition, except for a lesion on my nose (could have been Basal Cell Carcinoma -? (I've had this before))

Once I started the low carb regime, the lesion finally healed
Also - dizziness (of almost 1 yr) & joint aches disappeared quickly.

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

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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've made a lot of changes to my diet, including getting rid of meat, and Hemp Hearts has helped a lot too. It has helped with my regularity, and I've never felt so good physically before.

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I eat breakfast every day with Hemp Hearts & fat free calow reduced yogurt. This routine is very beneficial to me to aid in bowel insibility & general sense of health & well being.

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I'M CERTAIN IT HELPS MY OVERALL HEALTH & HEART CONDITION

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

TO WHOM IT MAY CONCERN

I HAVE BEEN USING HEMP HEARTS FOR APPROXIMATELY 6 YEARS. I AM 77 YEARS OLD HAVE NO HEALTH PROBLEMS GOOD ENERGY WORK IN SAWMILL 8 HOURS A DAY.