

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:

generally, I feel healthier.

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 using Hemp Hearts for a year now - and you know what? - Hemp Hearts are the ideal snack food - so nutty crunchy tasting and satisfying - good for the soul, good for the body

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 best feel healthier & have more energy through the day

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WE HAVE USED HEMP HEARTS REGULARY FOR TYRS AND BELIEVE IN THE BENEFITS OF OUR OVER ALL WELL BEING

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I have enjoyed your product for approximately three years. It has made a huge difference to my overall health. The nutritional benefits have increased my stamina and general well being.

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:

*My friend, who has a family history of overweight is now perfect! I have maintained a fairly good weight, but have never tried this. I may try it though, just to lose the extra 5 to 10 pounds that I haven't lost, even though I have over time shed 15 pounds that took up residence on my hips.*

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

*My husband & I are in our late 40's & are active, health conscious people. We have been using Hemp Hearts for the last few years.*

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

*A University graduate and former Newspaper Publisher in my early 60's, I have been regularly taking Hemp Hearts for nearly 3 years. I'm very active and in good health.*