

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:

No serious health conditions other than the Gp. diabetes.
I like what the hemp hearts seem to have done for my regularity, energy level, and weight control - Thanks - ; Whitehorse Yukon Canada.

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:

Since starting to use hemp hearts in May, I have lost 20 pounds, without feeling hungry and not having a loss of energy

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:

Approx. 4 years I have been using Hemp Hearts. I refuse to be without the product - does all of the below. Lots of energy - and controls my weight. Excellent!!!
Love the product. Does!

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:

Essential fats like those in Hemp Hearts are needed for health + energy. I find the product does not make me gain weight.

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

I am a 69 Year old overweight Person, that constantly has to fight with Weight Problems. I use Hemp Hearts for the last 5 Years and like the Nourishment and the well feeling Hemp Hearts Creates.

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Please describe your weight control experiences with Hemp Hearts:

So far I'm not loosing but I'm not gaining either.

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Please describe your weight control experiences with Hemp Hearts:

At steady 135 lb to 140 lbs - Have no ~~any~~ worry re weight

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Please describe your weight control experiences with Hemp Hearts:

I have not tried to lose large amounts of weight but my weight has maintained a healthy range. ~~with~~

5. My husband and I both work hard to maintain a healthy weight and feel that it is for sure a combination of the Hemp (good energy, less cravings), a good diet (nutrition) and exercise (staying active) that help keep our weight in control.
6. N/A Nothing stands out for us.