

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:

Having MS I've noticed that hemp hearts help my energy level, I still do not have sufficient energy due to MS, I find however that the hemp hearts help my energy levels in the first part of the day.

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Please describe your experiences regarding energy and Hemp Hearts:

lots of Energy
-11-

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 high blood pressure & diabetes II. I have been using Hemp Hearts for several years and enjoy the energy & blood pressure results I get. I and my husband will take them forever!

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

None - I did give a container to my niece who was experiencing morning sickness. She was able to eat the hearts and keep them down - She had more energy and

did not
feel
so
weak

70031

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Please describe your experiences regarding energy and Hemp Hearts:

as stated I walk at least 2 miles each day do projects in and around our home. I go to bed around 10:30 PM and get up at 6:00 AM always refreshed. - 1

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'm not so tired anymore so I can do my exercises.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

See above - this is absolutely true - maybe even more convincing is that I have enough "fuel" to ride hard for over 50 kms + I am still not that hungry!

* I finally feel well nourished - after struggling for a good diet for 20 years.

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Please describe your experiences regarding energy and Hemp Hearts:

I HAVE MUCH MORE ENERGY, SLEEP BETTER AND OVERALL FEEL MUCH BETTER.