

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 began using Hemp Hearts as part of an overall diet change to reduce inflammation and pain. I did not intend to lose weight but I did. My greatest success was in making Hemp Hearts a consistent part of my overall change in diet, i.e. (low sugar, starch & no processed foods). 3 years later I am pain free.*

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 am not overweight but enjoy being more active.*

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:

*Yes I do have a lot more energy since beginning the Hemp Hearts & when I run out of them I notice my energy level decreases*

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:

*My husband said a few years ago, "I have never met anyone with so much energy!" That best explains my use of 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:

Used Hemp Hearts for almost 2 yrs. At the time I was a distance runner & liked the lasting energy received from this product.

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:

Agree, once ~~again~~ there are many days that skip lunch, work 8-10 hrs, and I am not crashing at the end of the day.

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:

When I had cancer & was going through <sup>chemo</sup> my brother started me on this to help me with good protein to keep up my energy & strength.  
I LOVE THIS STUFF!

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:

It definitely increased my energy level!  
After working in an office, I've found my energy level is still good (before I'd be tired at the end of the day)