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:

The fact that I feel satisfied + don't have energy fluctuation reduces cravings for all junk + unhealthy foods.
My skin is no longer dry in the winter months.

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 could agree with this even though I don't use 5 tablespoons. I went off hemp hearts, and found I was getting tired and worn down earlier in the day. I even fell asleep during TV watching earlier in the evening 7:30pm without H.H. I am still awake and go swimming until 9:30pm with hemphearts.

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 experiences regarding hunger and Hemp Hearts:

When I eat 5 tablespoons of Hemp Heart seeds in yogurt, or cereal, for breakfast I am not hungry at lunch & can usually eat a snack of fruit, veggi's along w/ a few almonds. This holds me over until dinner. My sugar / sweets cravings are greatly reduced. My energy levels are higher and my ~~bowl~~ bowel movements are regular and healthy.

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:

My wife and I have been using Hemp Hearts for about two years. Each morning with cereal. Find it gives us energy, prevents getting hungry and works very well as a laxative.

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 wife claims taking hemp hearts has improved her energy level. She's 72 and has been taking them the same amount of time.

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:

At the beginning of my daily use with Hemp Hearts my immune system was low. I have regained energy + endurance along with clearer thinking.

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:

Taking 5 TBSP gives me more energy; this I feel when I Hike, climb in the Mountains and Bike ride.

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:

HAVE LOTS OF ENERGY