

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

Used to experience leg pain + cramps @ night - now, I sleep through the night without pain or cramps. Sleeps 8-9 hours a night.

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 as I said I have so much more energy I have started babysitting my young grandchildren. Before Hemp I would never considered it.

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 condition:

I do feel overall better.

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

I no longer have the chronic generalized aching & feeling feverish & fatigued!

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 am a 50 yr. old female, suffering from fibromyalgia & lupus. I have been eating the hemp hearts for the past 7 months, & since I have incorporated them into my daily diet, I have never felt better in my whole life! I feel that I have a new lease on life!

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After a few years of taking hemp, I decided to "cut back". I knew it was not ~~an~~ imaginary, I ached more and was constantly stiff. Constipation and lethargy occurred often.

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:

I ONLY TAKE 2 TABLE SPOONS A DAY IT HAS BEEN JUST GREAT FOR ME

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

I STARTED DEC 27/06

I HAVE OSTEOARTHRITIS I FEEL SO MUCH BETTER SINCE I'M TAKING HEMP HEARTS, I USED TO TAKE 9 ADVIL A DAY, NOW I TAKE ADVIL VERY SELDOM