

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 been using hemp hearts for 2 1/2 years.
Before using hemp I had a lot of problem with regularity with bowel movement also lots of heart burn & gas - since then I no longer take metamucil or anything for this.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

MY DIGESTIVE SYSTEM HAS NEVER BEEN BETTER. I HAVE HAD PROBLEM WITH DAIRY PRODUCTS UNLESS I TOOK LACTASE. SINCE HEMP HEARTS, I HAVE NO PROBLEM. ALSO MY USE OF ANTACID TABLETS HAS DROPPED CONSIDERABLY. MY BOWEL MOVEMENTS ARE REGULAR AS CLOCKWORK TWICE A DAY.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

Used to experience terrible digestive disorders ie: constipation, IBS, Gas, bloating.
Am now very regular and with minimal bloating & gas.

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

Before taking hemp hearts I had a bowel problem. and they help clear it up. for the past year I've been feeling great and don't have to worry about it

we advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

I have modified my eating behaviour with a diet that is good for me. It took a period of time for my body to get used to this new regime. My digestive health has gone from terrible to excellent. I am off all medication and need NO help with digestion, sleep, excreting, etc. By adding 5 apricots daily, I have also reduced the acidity in my body.

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:

With Hemp Hearts, I have ample energy. I walk 5-8 kms. daily, do volunteer work & arts & crafts. On our 2 trips to Holland & Victoria B.C. we took along Hemp Heart bars with the same result. I eat very well, sleep well and have energy to enjoy my retirement. I had a Colonoscopy this summer and the surgeon commented on how clean it was.

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 lost that feeling of being bloated. My stomach flattened.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

I never had a problem keeping regular when eating hemp hearts. The traffic did move regularly but not excessively. My stomach seemed to flatten down as well.