

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:

56 year old female who has been using the product for ? 2 1/2 - 3 years. Prior to this I was suffering from joint pain (osteoarthritis) and constipation.

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

swollen joints have gone down
Migrane headaches almost none existant.
Shoulder pain has gone way down.

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

My knee inflammation is reduced when I take my Hemp H. faithfully

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

By taking Hemp hearts every am. I remain pain-free and able to pursue the activities I enjoy (Kayaking, x-country skiing, knitting, woodsplitting, etc). If I travel and don't have my Hemp hearts, my joints become painful and my activities decrease, hence I feel unwell and 'cranky'.

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After 57 years of a busy, active life, Osteoarthritis in my knees, hips and hands was causing pain and reduced activities. Hemp Hearts eased my arthritic pain within 2 weeks of daily am. ingestion of this product and after 4 weeks of usage I experienced very little pain. My preference is to use non-prescription drugs remedies which have very few side effects and often have many benefits (i.e. nutritional + analgesia).

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:

HH has improved my Health Issues, especially the Cholesterol and my joints. HH is an essential Food for me.

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

inflammation greatly reduced in hand

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

I walk easier with less knee & hip pain (inflammation)