

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 have Fibromyalgia and Osteoarthritis which leaves me tired with the energy. Since using Hemp hearts I'm not tired till late afternoon.

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 STARTED DEC 27/06

I HAVE OSTEOPOROSIS & ARTHRITIS I FEEL SO MUCH BETTER SINCE I'M TAKING HEMP HEARTS, I USED TO TAKE 9 ADUIL A DAY, NOW I TAKE ADUIL VERY SELDOM

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:

My skin is now more firm, and smooth, and moist. I no longer have dry skin and only occasionally use moisturizer. My hands and feet no longer "crack" in the dry winter months. I have a painful arthritic condition and no longer take any pain medication.

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

A friend told me about HempHearts at least 3 years ago & I have suggested them to a number of my friends, who were by them. I had problems with arthritis about 5 years. My fingers would swell up & ache. I found the H.H. would help to keep the inflammation down. They would also help my stomach if I was under alot of stress.

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

Arthritis inflammation has greatly decreased; muscles are more pliable + flexible

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

I have had arthritis for years, always with pain and inflammation. Since using hemp hearts for 2 years, I can manage without any medication.

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

I have arthritis (osteo) and my joints have been benefiting since I use Hemp Hearts every day. Two years ago I couldn't shuffle cards with my hands. Now my thumbs are pain free and I play cards weekly.

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Please describe any external changes experienced with respect to skin and hair conditions:

Definetly helped A's shoulder (old injury) arthritis