

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 eighty-eight (88) years old and I depend on Hemp Hearts, that I have used every morning for several years to help me maintain my independence. I still drive and look after myself.

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:**

As before the pain in my joints & muscles has ~~been~~ lessened. There is a problem with my immune system & the Hemp Hearts help.

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

MY ACHES IN MY HIP AREA HAVE DEFINATELY IMPROVED

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

I have IBS & could not find anything to help with cramps, diarrhoea & constipation from morphine. Then a friend told me about hemp hearts 2-3 yrs ago and what an improvement. When I stop eating hemp hearts in the morning I find myself in the vicious cycle of diarrhoea, severe painful cramps & constipation.

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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:

Correct- in addition to my above answer I also have no sore joints on my body at the present time.

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

I have IBS with severe cramps. I'm also on morphine for pain control. Hemp hearts have helped me stay regular - less diarrhoea & constipation and most of all less super painful cramps.

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 joints and muscles do not ache as much & one hip is less inflamed.)  
Skin is smoother and less blotchy.

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 began using Hemp Hearts as part of an overall diet change to reduce inflammation and pain. I did not intend to lose weight but I did. My greatest success was in making Hemp Hearts a consistent part of my overall change in diet. i.e. (low sugar, starch & no processed foods. 3 years later I am pain free.)

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