

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:

I eat Hemp Hearts because when I do I feel an overwhelming difference in the way I feel both physically (strong, stamina) & mentally (alert, quick). I have Lupus, Raynaud's Phenomenon, Sjogren's Syndrome as well as psychiatric illness. I believe that my experience of Raynaud's phenomenon has drastically improved. I also have moderately severe vasculitis which has since gone away and no longer prominent before.

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

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

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 have a chronic inflammatory disease which strikes many parts of the body (Lupus). I would have to say that I am better-off both physically & cognitively/mentally with regular hemp heart use.

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

No pain at ALL

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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:

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 + analgesic).

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

I have no pain or inflammation in my joints at all. Great product. If more people used it I am sure they would notice a big change in their health and energy levels.

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

I HAVE BEEN USING HEMP HEARTS FOR JUST OVER TWO YEARS ON A REGULAR BASIS - BEFORE I HAD USED THEM OCCASIONALLY. I HAD A CAR ACCIDENT 7 YEARS AGO, IN WHICH MY KNEES SMASHED INTO THE BACK SEAT, RESULTING IN HIP SURGERY, ONE IN 2002 & THE OTHER IN 2005. I HAVE DEFINATELY NOTICED MORE ENERGY & LESS ACHES SINCE TAKING HEMP HEARTS ON A DAILY BASIS.

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

I started using it because of a Baker's cyst behind my knee. I still have the cyst but pain associated with it has definitely lessened.