

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 have ~~thus~~ thus far held off diabetes onset, by following the diabetic diet and the use of hemp hearts every morning. Plus they taste Yummy!!

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My wife has diabetes but since she has been using hemp hearts. Its under control

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I use to be on four diabetic pills, now I stick to my diet and completely off diabetic pills

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Blood pressure, diabetes under control
Eat Hemp Hearts every morning for breakfast. Love them.

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Having Hemp Hearts For breakfast, Helps control my type II diabetes

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Every one in my family - mother, aunts, grandmothers and cousins had diabetes. With my good food intake I believe I have avoided it. There's not a thing wrong with me 19

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My insulin intake has lessened by about 1/3 for the day.

Comment:
I do need to find out more info. on the effect of Hemp Hearts and diabetes. Thank you for sending out the survey.

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I am a type 2 ^{diet controlled} diabetic & follow a strict diet to avoid having to take meds. Hemp is a natural insulin.