

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 never been insulin-dependent but I required major surgery which was only approved after extensive circulatory testing. Over the 2 year period my circulation has not deteriorated and has been stabilized.

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:

This is true in my daughter's case. I thank Hemp hearts for this.

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:

Although I am diabetic, I work offshore and have no control over what is cooked for meals; but I can say that if I watch what I eat and exercise to burn a few calories I can control my sugar levels and avoid medication. Although fishing is necessary to monitor sugar levels.

2 We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I absolutely give credit to the Hemp hearts for my 52 lb weight loss & for keeping it off. Without the full fulfillment of the hemp hearts I would be "snacking" all day. I am now controlling my diabetes with just diet & exercise. I have not

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 have high blood pressure & diabetes II. I have been using Hemp Hearts for several years and enjoy the energy & Blood pressure results I get. I and my husband will take them forever!

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I do not feel hungry during the day but because I'm a diabetic I have to have a snack mid-morning or I will get a low-blood. Since being on the Hemp Hearts I've been able to discontinue one of my medications - wow!!

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:

Since taking Hemp Hearts I have felt excellent and my diabetes is under control.

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

48 year old male with type II diabetes, but in excellent health. I have been using hemp hearts since I was diagnosed with diabetes - or about 2 years now. I take no medication, just exercise and eat healthily.