

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:

My husband, a diabetic for 18 years has definitely reduced the amount of insulin he takes after eating hemp hearts daily. He eats them w fruit.

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 been using hemp hearts for 4 years. I'm very health conscious and watch my carb. intake to avoid getting diabetes which others in my family have already gotten.

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

We've been using Hemp Hearts for three years now. We regularly use 2 heaping tablespoons every other day. Because my husband is a diabetic he still needs his snack between breakfast and lunch. He is not on insulin and has been able to maintain his sugar level. My cholesterol has dropped to its lowest level it's ever been.

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Please describe your experiences with Hemp Hearts and any serious health condition:

I recommended HH to my diabetic friend who has <sup>now</sup> integrated HH into her daily diet which is quite strict. She is a diabetic not on insulin. As soon as she had HH for protein in morning she was able to level off sugar spikes in her blood. She loves them - another <sup>move</sup>

**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:**

SINCE I AM BORDERLINE DIABETIC, I NEEDED TO CUT STARCHES OUT OF MY DIET. USING HEMP HEART FOR BREAKFAST, I NOW EAT ONLY A SMALL LUNCH WHILE STILL FEELING SATISFIED.

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**Please describe your experiences with Hemp Hearts and any serious health condition:**

By taking Hemp Hearts, losing weight, improved blood circulation prevents me from diabetic illness.

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**Please describe your experiences with Hemp Hearts and any serious health condition:**

I have high blood pressure and I'm diabetic but since starting H. H. have been able to control both very well.

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**Please describe your experiences with Hemp Hearts and any serious health condition:**

I am border line diabetic but I am keeping it under control with my use of Hemp Hearts