

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:

NOT INSULIN DEPENDENT, SUGAR LEVEL STEADY
VERY LITTLE VARIATION UP OR DOWN

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My friend Velda B. had great success with HH and diabetes.

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I am diabetic & I am sure they assist that situation.

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I only take pills for diabetes - was just taken off metformin & only take Glizide doing D.R.

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Diabetic helped considerably
can't thank them enough I went
from possible having to take pills the rest
of my life to

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:

Being a diabetic, I would have breakfast but would be weak & shaky by noon, to the point where I have had to sit on curb while someone get me something to eat to control my weakness. Since eating H.H. I do not experience these shaky spells and can go from breakfast till dinner without negative consequences.

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

Works as claimed

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This states is true as I was diagnosed with type 2 diabetic 4 years ago. I am on no medication for this, I control by diet and using hemp hearts