

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 was pre-diabetic and this has corrected itself.

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 am a diabetic. have been for some years. Sugar levels seem to be more stabilized.
Thank Heaven for Hemp Hearts

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:

They don't elevate my insulin, thus no cravings for high starch, sugar.

P0012

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:

While I am not diabetic I do know that my friend's mom who is had excellent results in controlling her sugar levels in less than 2 weeks. once she introduced hemp hearts to her diet.

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:

My doctor told me I had to lose 20lbs because of my type II diabetes. I did so following directions that you set out and did lose one pound per day and did not feel any side effects.

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 a diabetic, however my father was & hemp hearts helped him - he never had to use injections daily - I think because hemp hearts was a part of his diet daily.

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 do not have diabetes and feel by taking Hemp Hearts I will avoid diabetes for the remainder of my life. I hope to continue to take Hemp Hearts for my health and avoid costs to our medical system.