

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

My husband has high blood pressure & cholesterol, I believe that hemp hearts have helped to lower both. He is still on medication, but a much lower dose.

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 am now 58. I've been using Hemp Hearts since May 2006. I started using H.H. to lower my high cholesterol (I get omega 3.) as well as lower my B.Pressure.

It has worked according to lab tests & arseograms -

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~~I do have a blood pressure~~

I am on blood pressure medication. Weight loss has helped and I am sure the Hemp Hearts have as well.

My family doctor is aware of Hemp Hearts and he feels it is helping both BP and cholesterol levels.

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

I've taken Hemp hearts for about 2 yrs. Excellent source of fibre, good bowel movements, low Blood pressure and helps lower cholesterol

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

I have been taking Hemp Hearts since January 6/2003
and found it has lowered my blood pressure
and lowered my cholesterol.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.
Please describe your experiences regarding digestive health and Hemp Hearts:

My cholesterol and blood pressure
went to normal.
No more constipation

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

My blood pressure is reduced to a lower rate
than it has been on blood pressure medicine
It has also lowered my cholesterol reading

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

In 2006, my blood pressure was too high (169 over 99). This
morning, it was 114 over 71. My HDL Cholesterol is at 1.28;
LDL Cholesterol at 4.12 and Chol./HDL Ratio is 4.0. and these
results are way down from 2006.