

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

My blood pressure has leveled to 135/80.

My Arrhythmia has been cured by taking Hemp Hearts.
EFA Omega 3-6-9 in proper proportions have probably contributed to my overall heart health.

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:

P.S. I would sooner take Hemp Hearts than Metamucil for example. I have encouraged others. They have a very satisfying taste and require no preparation. Thank you for having them available & delivery is excellent.

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:

Hemp Heart are very helpful. I use to have problem with my digestive system before Hemp Heart..
My daughter share's my hemp hearts. She agrees she's the same as me. She is a new first time Mom.
(Breast feeding) finds hemp hearts very helpful.

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

I was experiencing candida. I believe that the hemp hearts and reduction of white flower and sugar have helped immensely.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

BECAUSE OF MY CANCER (BLOOD) SKIN) - MY SKIN WAS LIKE FISH SCALES
NOW - EVEN DURING TREATMENT MY SKIN IS NOT DRY AND FLAKY
PEOPLE TELL ME HOW GOOD MY SKIN LOOKS

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

HEMP HEARTS HAVE REALLY

HELPED WITH

THE TRANSITIONS OF MENOPAUSE!

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

* Good luck in defending Hemp Hearts. I don't look forward to heart palpitations if this goes off the market!

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 am a senior. for a long time I've had fatigue - unable to sleep properly excessive stress. Hemp heart has help me to gain some control over my life