

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 digestion and elimination is the healthiest it has ever been. I'm sure that part of my good energy level these days is a direct result of the Hemp Hearts cleansing toxins and crud out of my system.

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Please describe your experiences regarding digestive health and Hemp Hearts:

HEMP HEARTS KEEP YOU REGULAR!  
I WAS ONCE STUPID ENOUGH TO EAT FAST FOOD ONE EVENING, AND MY BODY LET ME KNOW THAT IT DIDN'T WANT WHAT I PUT IN IT! I WON'T DO THAT AGAIN!

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:

clear complexion with most of my hair retained.  
Have introduced others to your fine products.

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:

Dear Roger: Our experience has not been very drastic because we don't take 5 Table spoons as you recommend. I take 2 1/2-3. My wife takes 1 1/2 Table spoonful for breakfast, that keeps our bowels regular and we miss home we have been on the Hemp hearts for about 2 years.  
Thank you very much for faithfully keeping <sup>supplied</sup> ~~sup~~ with Hemp Hearts.  
Yours truly B  
TODD

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I find mostly I'm being on hemp hearts I am not nearly as indecisive in my decision making, and am doing things as I used to, not just thinking about doing them. I get a good quick start on my day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I ABSOLUTELY HAVE NEVER FELT BETTER!  
PRIOR TO TAKING HEMP HEARTS I SUFFERED FROM  
CONSTIPATION, BLOATING, ETC-

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:

Once again my serious health problem was almost not being able to eat anything without some form of discomfort. Hemp Hearts cleaned out my system, keeps it clean and I can eat almost everything again, would be devastated if I could no longer have access to HempHearts.

Please describe any internal changes experienced relative to pain and tissue inflammation:

This is big. Since I began eating hemp I haven't had a single flare up. (I was being investigated for IBS years ago and it is in my family.)