

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 don't have any serious health issues. I am healthy and happy. thanks to exercise, diet, and super foods such as hemp hearts. I ~~love~~ love them. they taste good, feel good, and ~~love~~ are very nutritional.

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:

Have been using hemp hearts for 3 years, I feel great lots of energy, excellent weight loss tool.

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:

The past nine months have been very difficult as I've been daily going to sit with my mother who is dying from pancreatic cancer. I believe Hemp Hearts helped give me the energy to do this.

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:

Before I started your Hemp Heart program I was constantly suffering from constipation. The doctor's prescriptions of various medication did very little to help the problem. Since I have eating the 5 tablespoons I have regular bowel movements, sometimes twice a day. As a result I feel a lot better.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have modified my eating behaviour with a diet that is good for me. It took a period of time for my body to get used to this new regime. My digestive health has gone from terrible to excellent. I am off all medication and need NO help with digestion, sleep, excreting, etc. By adding 5 apricots daily, I have also reduced the acidity in my body.

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Please describe your experiences regarding energy and Hemp Hearts:

I've never in my life had the ~~energy~~ I now have. Not even at 30 and I'm now 60.

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Please describe your experiences regarding energy and Hemp Hearts:

I'm 60, still work. Do yoga look after a lawn and house. Get up at 5 AM, bed at 9:30 - 10:00. I work hard, compared to my friends my age. I'm awesome.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes, I do find that I have more energy. Since I have been using Hemp Hearts, plus taking B vitamins, I feel 10 years younger and I am a lot more active.