

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:

Hemp hearts have helped me control my glycemic index and will combat the "Brain fog" that happens when I cheat and eat desserts. I'm grateful to have this safe + healthy source of protein since my family is heart attack prone.

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

This is also a big change for me, having constipation has caused terrible pain from inflammation to the point I didn't know what I could eat anymore that didn't cause me pain. Once Hemp Hearts cleared my bowels, have had no more problems.

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:

I also began taking <sup>hemp hearts</sup> for constipation which has plagued me for as long as I can remember. With this added to my diet, it has been amazing... a miracle I lived on Prodiem for years. Now I only have hemp hearts.

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've been living with cancer since 2001 and have taken hemp (ground up) for the last 5 years. I find it gives me energy to get through the days.

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

I have 1-3 bowel movements daily. My bouts of depression are a thing of the past. My general health is pretty good for my age. I have no more stomach trouble, no Restless Leg Syndrome, no headaches, no bad sleep habits.

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

I know I feel a lot better  
on this product.

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 have been using hemp hearts for about 1 1/2 years. I am 64 years old. Have Type 2 diabetes & High blood pressure. Since I have been using hemp hearts, it has made a world of difference in my well being.

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:**

My energy level is great since I have been taking Hemp Hearts. I tell other people that it soots my spirits & they should try it.