

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

My blood pressure is slowly coming down - I'm hoping to get off medications soon.

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

IMPROVED My BLOOD PRESSURE. DO^{CT} DIDNT believe it. NO CHEMICAL

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Hemp hearts has helped me control my health & weight a great deal.

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:

We have been using Hemp Hearts for one yr. We appreciate being able to buy the products we want after researching.

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:

Wish I had started earlier! ^{Will continue} with regular Hemp Hearts!!

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:

Used to be very constipated all the time. With my shat every morning I am very regular and really need to go when it is time to go. My high cholesterol is no longer. Thank!

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:

A friend told me about HempHearts at least 3 years ago & I have suggested them to a number of my friends, who ~~were~~ ^{were} by them. I had problems with arthritis about 5 years. My fingers would swell up & ache. I found the H.H. would help to keep the inflammation down. They would also help my stomach if I was under a lot of stress.

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

I had high Blood pressure for years. But now my Blood pressure is in the Normal to low range. Just had my pressure check by my Dr. Yesterday and it was Normal. Dr was very Pleased.