

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 have parkinson & I feel it really is helping my fatigue.

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:

Have had I.B.S for years, since starting on Hemp hearts have had normal Bowel function.

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:

Using it for omega's for Multiple Sclerosis. Definitely notice when lacking these. More numbness

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EXCELLENT IDEA, AS I SAID AT THE TOP, IT KEEPS ME FROM BEING CONSTIPATED THROUGH CHEMO.

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:

I suffer from fibromyalgia & my husband from Parkinsons; we have decreased muscle spasms & cramping since taking Hemp Hearts.

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Please describe your experiences regarding energy and Hemp Hearts:

My energy is good — also I've been on 2 medications for fluid retention for the past 20 yrs. I now find it necessary to discontinue one of the meds. as I get dehydrated — another plus for me!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have been an easy way to add protein & fiber to my diet. They are a high energy food, that helps a lot in managing my MS. I plan to continue to consume hemp hearts to help me manage my MS symptoms.

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:

See above — this is absolutely true — maybe even more convincing is that I have enough "fuel" to ride hard for over 50 kms & I am still not that hungry!

* I finally feel well nourished — after struggling for a good decade for 20 years.