

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:

As stated before, I have celiac disease & Hemp Hearts have been great for my diet due to bowel regularity, sufficient protein in my diet, sufficient fiber in my diet, my high level of energy as well as looking & feeling great.

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

Blood Pressure is Good - VAIN'S THAT COLAPSE DURING TREATMENT APPEAR TO BE BACK TO CLOSE TO NORMAL

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I was experiencing candida. I believe that the hemp hearts and reduction of white flower and sugar have helped immensely.

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I UNDERWENT CANCER TREATMENTS A NUMBER OF YEARS AGO AND THE CHEMOTHERAPY MADE MY VEINS LIKE CABLES MAKING IT DIFFICULT FOR THE NURSE TO GET A NEEDLE INTO THE VEIN FOR A BLOOD SAMPLE NOW IT IS A LOT EASIER AFTER EATING HEMP HEARTS I ALSO NOTICE THAT MY VEINS ARE MORE ELASTIC IN MY HANDS

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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:

Having MS I've noticed that hemp hearts help my energy level, I still do not have sufficient energy due to MS, I find however that the hemp hearts help my energy levels in the first part of the day.

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Please describe your experiences regarding energy and Hemp Hearts:

One of the aspects of Hepatitis C is chronic fatigue - physical & mental - I was extremely active & illness, both @ work and in my personal time & losing my motion (neuropathy in both legs, "wandering vesicities") was devastating - I did not have the energy to do any more than the basics of personal care - no exercise and no energy for any thing out of my home. Hemp Hearts (5 TBSP AM) pick me up within 1/2 hr. and I have sustained power to do small things - exercise - mental clarity thru extra energy - MOST DRAMATIC - VERY GOOD.

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:

It has been helped with my M.S. having a small container in my purse to avoid becoming too hungry when I'm away from home.

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:

Since taking hemp hearts I have no further need to take any laxatives - It is a wonderful change for me as I experienced ENCEPHALOMYELITIS 43 years ago leaving me with both sensory & motor nerve damage from my waist down.