

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:

My skin in general has become smoother more clean - I find even my perspiration does not have a "sharp" smell, even after excessive sweating - I have quit using deodorant - no need - daily wash is quite adequate - I have reduced swelling in my legs in the evening as a result of nerve issues in legs & much reduced burning / prurice of legs

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

My doctor took me off blood pressure pills after trying Hemp Hearts for three years

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:

~~HA~~ No longer have edema of lower extremities.

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

my feet do not swell nearly as much
+ my hands work a lot better on hemp
hearts

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

alot less pain and tissue inflammation - I take no medication at all for Fibromyalgia.

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'm sorry to write that all of the thriving energy I once had in life is all but gone now due to what they call Chronic Progressive Multiple Sclerosis - But please know that HH's continue to bring quality to what energy I still have —

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 am a retired school teacher, 71 years old. I have used Hemp Hearts since July 2006. I was in very poor health (weight 296 lb, high cholesterol, G.I.R.D., a sluggish bowel, wheezed a lot, high blood pressure (169 over 99), going bald, painful arthritis and sore joints. In 2006, I had 5 mini strokes (T.I.A.'s & T.C.A.'s). I took Lipitor, Accupril, Pantoloc & was depressed. Hemp Hearts saved my life.

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:

It seems to agree with my histal hernia - which now seldom flares up.

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 used to have a lot of outbreaks on my leg.
They are now very rare.