

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 have modified my eating regime with a diet that is good for me. It took a period of time for my body to get used to this new me. My digestive health is very good. I am off all medication (except insulin) and need no help with digestion, sleep, excreting, etc. I add 5 apricots daily to reduce the acidity of my body.

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:

Since April 2008 my skin has no wrinkles and I feel 43 not 73. 4 vs. old. and look 53 according to friends.

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 84 years old, ^{5'11" tall} a veteran of WW2 Normandy Campaign. I have been using Hemp Hearts for about 5 years, since I first came across Hemp Hearts at my son's place in Calgary. I was impressed and subsequently ordered them direct from Lethbridge. I am active, play 18 holes golf twice weekly summer months, and my wife and I are Line Dancers (for about 15 years) and go dancing twice weekly year round.

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:

With Hemp Hearts, I always have energy. I walk 5-8 kms daily, shovel snow & have a garden. On our 2 trips to Holland and Victoria, B.C. we took along Hemp Heart bars (with same result). I eat well, sleep well and always have enough energy to enjoy my retirement.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 45 years old & have been taking hemp hearts for 4 years. The prime reason for trying hemp hearts was for extra energy. What I discovered was an end to heart palpitations which plagued me for years!!

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

My blood pressure has leveled to 135/80.

My Arrhythmia has been cured by taking Hemp Hearts. EPA & Omega 3-6-9 in proper proportions have probably contributed to my overall heart health.

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Please describe your experiences regarding energy and Hemp Hearts:

Yes we found we had more energy & felt better over all.

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

it digest food better and I no longer get heart burn.

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

Before I started eating hemp hearts I had a terrible problem with acid reflux and heartburn. I don't need to take any medication now as the problem is gone! I don't get heartburn any.