

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 an active 68 year old woman. I started taking Hemp Hearts four years ago (2004) hoping it would help with mood swings and it certainly did.

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:

I am not diabetic but I have evidence of less peripheral artery disease and improved circulation in extremities.

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

I believe that since taking hemp daily my arthritis appears to be somewhat improved as well hypertension.

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:

With hemp hearts I don't need sugar in my tea I don't eat processed foods. I eat a little fish occasionally other wise salads & raw food when ever possible. My skin is in very good condition also my hair but now going a little grey! Its amazing how sudden my right foot & ankle have lost all the swelling that I had for 10 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:

Feel better than had in years.  
Dr. said he didn't care what I was  
doing to get results like that - keep doing  
it.

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 also began taking <sup>hemp hearts</sup> for constipation which has plagued me for as long as I can remember. With this added to my diet, it has been amazing... a miracle I lived on Prodiem for years. Now I only have hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have modified my eating behaviour with a diet that is good for me. It took a period of time for my body to get used to this new regime. My digestive health has gone from terrible to excellent. I am off all medication and need NO help with digestion, sleep, excreting, etc. By adding 5 apricots daily, I have also reduced the acidity in my body.

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Please describe your experiences with Hemp Hearts and any serious health condition:

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