

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 STARTED DEC 27/06

I HAVE OSLAPEROSIS & ARTHRITIS I FEEL SO MUCH BETTER  
SINCE I'M TAKING HEMP HEARTS, I USED TO TAKE  
9 ADVIL A DAY, NOW I TAKE ADVIL VERY SELDOM

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:

SKIN IS SOFTER, SMOOTHER, HAIR IS SHINIER, PSORIASIS  
IS LESSENED, JOINT PAIN GREATLY REDUCED.

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

I have been using Hemp Hearts for at least 7 years.  
I could not survive without them

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

I seldom have bloating or leg pain -  
(as I have varicose veins). As a  
matter of fact I feel fantastic internally  
and it shows externally.

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

Have been taking BP meds for almost 10 years. Diuretic was added because of edema about 5 years ago. Have recently reduced BP & diuretic meds to half of what I was originally taking! Hope to get off all together (and I am doing this with dr's OK.)

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

my blood pressure is lower now - My angiogram in Dec 07 indicates I have a healthy heart which I want to keep that way.

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:

I have M.S + if I eat my 5 tablespoons of Hem hearts + can walk better + it really fills me up.

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:

Also I have had a Heart Valve Transplant, so I am on warfarin including several other drugs. Because of this experience I am checked every month, and I would like to testify that Hemp Hearts has been a plus for me in my condition, and can confirm better health since taking this product.