

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:

HH has improved my Health Issues, especially the Cholesterol and my joints. HH is an essential Food for me.

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I don't have any serious health conditions, ~~however~~ with the help of hemp hearts I enjoy good health.

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

physicals have been excellent
blood levels fantastic

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

Just recently I been watching my blood pressure & heart rate. all all surprisingly excellent considered I am a smoker.

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 have been using Hemp Hearts for about 2 years. I recently had an extensive blood ~~work~~ analysis done & the doctor said my bloodwork was "pristine."

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:

My body overall feels healthier, my skin is softer and my hair is strong, as are my nails

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Please describe any external changes experienced with respect to skin and hair conditions:

I find that my hair has more body. I did notice as my hair is fine. I have had no colds or flu since taking hemp hearts.

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 feel energized and healthy when consuming hemp hearts.