

## **HEMP HEARTS NATURES POWER FOOD**

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Hemp Hearts are the best source of protein, the best source of essential fats, the best source of vitamins and the best source of enzymes on the planet. Those who begin each day with at least four, but probably five, measuring tablespoons of Hemp Hearts, preferably with fruit and yogurt (vegetables for diabetics), will notice from the first day that they have sufficient energy for the entire day, that they usually expel wastes after every meal and that they are not hungry again until mid-afternoon. Those who wish to lose weight can do so quickly and easily by restricting their total food consumption after breakfast to a large vegetable salad without significant dressing---eaten in the late afternoon.

Hemp Hearts do not contain significant amounts of sugar, carbohydrates or saturated fats: It is not a secret that sugar is not essential for health and is detrimental to those with weight problems and diabetes; It is not a secret that starches are not essential for health and are detrimental to those with weight problems and diabetes; It is not a secret that saturated fats are not essential for health and are detrimental to those with weight problems and diabetes, but it is not so well understood that those who consume foods containing significant percentages of inferior nutrients--especially bread, potatoes, pasta and rice--are cheating themselves, every time, of the proteins, essential fats, vitamins and enzymes that they should be consuming because these essential nutrients are so very important for maintaining or restoring health.

Inevitably, those who eat significant amounts of sweet and starchy foods will experience various forms of premature health failure: Premature health failure may first appear as high cholesterol—a sign that veins and arteries have lost their elasticity as a result of imperfect diet. Premature health failure may first appear as high blood pressure—a sign that the heart is over worked, required to pump blood through too many miles of sluggish blood vessels. Premature health failure may first appear as type II diabetes—a sign that relevant organs are no longer capable of processing the sweet and starchy foods that are too often consumed. Premature health failure may first appear as celiac disease—a sign that the digestive system is unable to process the excessive amounts of gluten and starches that are being consumed when the body is hungry only because it requires more protein. Premature health failure may even first appear as depression—often a sign that an individual is unhappy with the shape and limited function of a body that has become hugely overweight from a diet high in sweet and starchy foods.

The few in our society who do not need to lose weight but nevertheless need assistance to reverse typical late onset health problems characterized by high cholesterol, high blood pressure, diabetes, arthritis, prostate inflammation, disorders of the digestive system, etc. should also consume at least four measuring tablespoons of Hemp Hearts with breakfast each morning, but because they do not need to lose weight, they may also consume Hemp Hearts later in the day with meat, fruit, vegetables and dairy products---not with sugar and starches. Hemp Hearts do provide amazing amounts of energy and may keep one from sleeping if they are eaten too late in the day.

Our experience with fifty thousand older individuals, each suffering from various types of premature health failure, indicates that profound dietary change will usually reverse most late onset health conditions and will always improve the quality of life. We teach our customers how

to use Hemp Hearts to help them make the necessary dietary changes, but they could, with much greater effort, use other foods to produce similar results. Hemp Hearts (shelled hemp seed) is not a medicine and not a supplement, but it is more than a food: Hemp Hearts is a way of life.

We manufacture a Clear Hemp Cooking and Salad Oil that is the only highly polyunsaturated oil (78 percent omega 3 & 6 essential fats) that is sufficiently clean and stable that it can be used for cooking. It is supplied with a technical study proving that Clear Hemp Oil does not contain any trans-fatty acids and they are not produced during normal cooking processes. Up to four bottles of Clear Hemp Cooking and Salad Oil can be included in a case of Hemp Hearts if two containers of Hemp Hearts are left out. 16 ounce (500ml) bottles are usually sold in cases of 9 bottles—the same as Hemp Hearts. Hemp Hearts are much better for human health, however, because they are such a concentrated and well-balanced source of essential fats, proteins, enzymes and vitamins.

Many of our Hemp Hearts customers are older individuals who came to us with high cholesterol, high blood pressure, diabetes, arthritis, problems with their digestive systems and many other late onset health conditions. Most of these individuals had previously tried various medical and alternative remedies. They had already learned that medicines often produce too many side effects and that medicines usually treat the symptoms rather than the causes of many health conditions. Most of these individuals had already learned that oil supplements, vitamin supplements and "organic" diets might provide subtle improvements to their health--but they needed so much more.....

**ENERGY:** Middle aged and older individuals who eat at least four, but usually five, measuring tablespoons of Hemp Hearts each morning, preferably on fruit or vegetables and yogurt but also on oat meal, notice increased, long-lasting energy. One elderly lady reported that after her first use of Hemp Hearts she cleaned her entire house--her first experience of abundant energy in 20 years. Another elderly lady who previously found little to value in life, remarked that because of Hemp Hearts she now often feels like dancing. Many individuals comment that they are more productive and much less affected by stress. Those who eat Hemp Hearts in quantity each morning always experience sufficient energy that they have no need to "pep up" with sweet foods, sweet drinks or stimulants.

**APPETITE:** Except for a few of those with diabetes and other conditions which may seem to require individuals to eat more frequently, most of our customers eat at least four, but usually five, measuring tablespoons of Hemp Hearts early each morning, preferably on fruit or vegetables and yogurt but also sometimes on cereal. They frequently report that they are not yet hungry at lunch time--often only slightly hungry at three or four o'clock in the afternoon. Those who are overweight can quite easily limit themselves to a pot of tea when they first become hungry and later to a large salad without dressing in the late afternoon, thereby losing up to one pound per day. Some customers have been able to lose fifty pounds in two months. Others prefer to severely limit their after-breakfast food intake for shorter intervals, perhaps one week at a time--losing their excess weight over a longer period of time. Because those who eat Hemp Hearts in quantity every morning are nutritionally satisfied, they have less difficulty avoiding

foods made with sugar, flour, potatoes, pasta and rice and they are less inclined to regain lost weight.

**DIGESTION:** Customers report efficient digestive systems without sluggishness--able to derive much more benefit from much less food. Because Hemp Hearts are so easily digested, customers claim that Hemp Hearts have cured or reduced the effects of chronic problems of the digestive system. There are no known allergies to Hemp Hearts. Because they are a well-balanced source of all required proteins and all essential fats as well as most vitamins and enzymes, Hemp Hearts are of special benefit to those who are unable to eat gluten, lactose, sugar, fish, nuts, meat and other common foods.

**CLINICAL STUDIES:** Analysis indicates that Hemp Hearts are unmatched in Nature for their balance of all required proteins and all essential fats as well as most vitamins and enzymes. Many clinical studies prove the importance of these nutrients. Analysis also indicates that these beneficial nutrients are concentrated in Hemp Hearts without sugar and with only minimal quantities of carbohydrates and saturated fats. Many clinical studies associate excessive quantities of sugar, saturated fats and carbohydrates with chronic disease. Other clinical studies indicate that hemp products reduce inflammation and improve circulation--factors of primary importance in the cure and prevention of many diseases. A large percentage of our older customers have selected Hemp Hearts in desperation because of failing health. Within three months they report significant improvements in cholesterol and blood pressure. Diabetics especially, report that circulation improves, often to the extent that they no longer fear losing their feet. Pain and inflammation, characteristic of arthritis and many chronic diseases, are often much reduced. Various disorders of the digestive system are often much improved. The experiences of our customers are consistent with the magnitude of clinical studies that relate to these issues. Many health care professionals are using Hemp Hearts to achieve great results. They attribute their success to the superior balance of proteins, essential fats, vitamins and enzymes in Hemp Hearts and to the relative absence of sugar, carbohydrates and saturated fats.

#### **HEMP HEARTS (SHELLED HEMP SEED) IN COMPARISON WITH OTHER FOODS**

- \*Contains more required amino acids (proteins) than milk, meat or eggs.
- \*Is a complete protein source--much more balanced & digestible than Soy products.
- \*Contains about 47% oil, 78% of which is omega 3 & 6--the essential fats.
- \*Contains all the essential or omega fats required for human health.
- \*Contains several times more omega 3 essential fat than any fish.
- \*Provides more energy than energy bars--without their sugar and with less saturated fat.
- \*Is suitable for those unable to eat gluten, sugar, milk, nuts & meat.
- \*Is perfect for those troubled with constipation and for those avoiding carbohydrates.
- \*A 42 g serving (4 tbsp) contains 240 cal energy from 15 g protein, 15 g polyunsaturated fats ( 11.4 g omega 6 & 3.6 g omega 3), 2.7 g mono-unsaturated fats, 2.1 g saturated fats, 2.5 g fiber, 4.5 g carbohydrates, 2 mg iron, 31 mg calcium, 3.8 mg sodium, 3.8 mg vitamin E, 956 IU vitamin D, .42 mg vitamin C, .05 mg vitamin B6, .14 mg vitamin B2, .58 mg vitamin B1, 1.68 IU vitamin A.

Every lot can be traced and is tested to guarantee the absence of contaminants.

Beware of Hemp Protein and Hemp Flour. These competing products are made by grinding the wastes which remain after the valuable oil has been extracted from whole hemp seeds. They are mostly composed of indigestible shells.

## PARTIAL LETTER TO DIABETICS ABOUT WEIGHT LOSS AND IMPROVED DIET

Many thousands of diabetics now use Hemp Hearts daily in such a manner that they experience profound health benefits. Many hundreds of doctors now recommend the use of Hemp Hearts to their patients. Nevertheless, Hemp Hearts are not a medicine in any sense: They are quite simply the best food on the planet. They provide an excellent balance of protein, essential fats, vitamins and enzymes—the important nutrients—without significant quantities of detrimental sugars, starches and saturated fats.

If you add Hemp Hearts to your bread recipe, add them to your muffin recipe and sprinkle them on your potatoes and pasta while remaining a hundred pounds heavier than you were in junior high school when you first attained your present height, you will be unlikely to experience any health benefits whatsoever. To experience profound health benefits you must use Hemp Hearts to assist you to change eating habits that are already widely known to be detrimental to your health.

If you eat at least four, but perhaps five, heaping tablespoons of Hemp Hearts with a poached egg or with some yogurt and vegetables--but preferably not with starchy carbohydrates or anything sweet--for breakfast, you will experience an even flow of sufficient energy all day such that there will be much less inclination to eat the sweets and carbohydrate snack items that are usually selected as “energy boosters”. Those who begin their day with sufficient Hemp Hearts that they have an even flow of energy all day will be more likely to be active, to take on new challenges and to be energetic and successful at work. They will “burn off” their breakfast calories slowly over the course of the day because these calories are derived mostly from the essential fats in Hemp Hearts and the body does not digest fats quickly like it does sugar and carbohydrates.

Moreover, if you eat at least four, but perhaps five, heaping tablespoons of Hemp Hearts each morning, the protein supplied by the Hemp Hearts will be sufficient that you will not be very hungry at lunch time. You will therefore have less inclination to eat items made with bread, potatoes, pasta, rice and sugar--lunch “fillers” that are usually selected by individuals who are either weak or hungry at lunch time because they did not consume sufficient protein and essential fats for breakfast.

Those who are neither weak nor hungry by mid-afternoon will experience little difficulty in restricting themselves to a large pot of tea at three o'clock and to a large vegetable salad without dressing at six o'clock—especially on those days when they choose to lose weight. The large vegetable salad consumed in early evening will provide sufficient bulk to occupy the stomach for many hours but it will not contribute many calories. Many middle-aged individuals who were once as much as a hundred pounds overweight have been able to lose as much as one pound per day until becoming the same weight as they were previously in high school—usually much less than “normal” weight.

Diabetics who use Hemp Hearts as described above will be able to minimize their weight; They will have sufficient energy to be active every day; Their bodies will be required to process much less food; Only insignificant amounts of the food consumed will consist of sugars, starches and saturated fats. It shouldn't be any surprise that they often require less insulin, that circulation often returns to their feet, that they experience reduced blood pressure and that they always experience myriad other profound health and energy benefits.

It is especially important for diabetics who are losing weight to frequently monitor their blood sugar levels. It may not be possible to lose weight while trying to maintain perfectly even blood sugar levels, but it is always important to avoid dangerous levels.

It is impossible to be constipated when eating significant amounts of Hemp Hearts. Most individuals will expel wastes after every meal.

After achieving their optimum weight, individuals may eat significantly more food each day without regaining any weight--if they continue to avoid all foods containing flour, bread, potatoes, pasta, rice and sugar.