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@ The African Holistic Health Chapter of NY Wellness Store

Benefits of Hemp Seeds



Hemp Hearts™ (shelled hemp seeds) - raw shelled hemp seed is one of nature's perfect foods - a Super Food. This is one of the most potent foods available, supporting optimal health and well being, for life. Raw hemp provides a broad spectrum of health benefits, including: weight loss, increased and sustained energy, rapid recovery from disease or injury, lowered cholesterol and blood pressure, reduced inflammation, improvement in circulation and immune system as well as natural blood sugar control.

Results will vary by individual, but reports from thousands of our customers over the years, who take the minimum recommended dosage of 4 - 5 tablespoons per day, reveal that their experiences are consistent with clinical studies that relate to these issues. Many health care professionals are using Hemp Hearts™ (shelled hemp seeds) to achieve great results with their clients. They attribute their success to the superior balance of proteins, essential fats, vitamins and enzymes in Hemp Hearts™ (shelled hemp seeds) and to the relative absence of sugar, starches and saturated fats.



Heart Health and Lowered Blood Pressure: Premature health failure may first appear as high blood pressure - a sign that the heart is over worked, required to force blood through too many miles of sluggish blood vessels.

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 elderly customers have selected Hemp Hearts™ (shelled hemp seeds) in desperation because of failing health. Within three months they report significant improvements in cholesterol and blood pressure.



Improved Digestion: Our customers report efficient digestive systems without sluggishness, able to derive much more benefit from much less food. Because Hemp Hearts™ (shelled hemp seeds) are so easily digested, our customers claim that Hemp Hearts™ (shelled hemp seeds) have cured or reduced the

effects of chronic problems of the digestive system. There are no known allergies to Hemp Hearts™ (shelled hemp seeds) and they are of special benefit to those who are unable to eat gluten, lactose, sugar, fish, nuts, meat and other common foods. Combined with high fibre grains, fruits and vegetables in the diet, expect regular bowel movements synchronized with the frequency of meals - a sign of a naturally health bowel.



Losing Weight Naturally: By taking Hemp Hearts™ (shelled hemp seeds) as directed, expect to be hunger free until mid-afternoon. Expect reduced cravings for foods with stimulants, sugars, starches and saturated fats.

You can safely opt for food choices that are fruit, salads and vegetables knowing that with Hemp Hearts™ (shelled hemp seeds) you have already consumed all of the essential fats, proteins and most vitamins and other nutrients necessary for promoting good health. With less hunger you will less frequently desire starches and carbohydrates. Customers report losing up to one pound a day.



Increased Energy: Many customers notice increased, long-lasting energy. One elderly lady reported that after her first use of Hemp Hearts™ (shelled hemp seeds) 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™ (shelled hemp seeds) she now often feels like dancing. Many comment that they are more productive, much more energetic and less affected by stress. Those who eat Hemp Hearts™ (shelled hemp seeds) every morning, unless they are obese, always experience sufficient energy that they have no need to "pep up" with sweet foods, soft drinks or stimulants.



Healthy Cholesterol Levels: Premature health failure appear as high cholesterol - a sign that veins and arteries have lost their elasticity as a result of an imperfect diet. Hemp

Hearts™ (shelled hemp seeds) are not only cholesterol free, but contain the optimum ratio of the

polyunsaturated essential fatty acids, Omega 3 and 6 - hemp oil contains 57% linoleic (LA) and 19% linolenic (LNA) acids. When added to the diet, in a whole, natural and a cold processed food, like Hemp Hearts™ (shelled hemp seeds) improves cholesterol profiles. Hemp oil also contains some GLA (gamma-linolenic acid) that is absent from the fats we normally eat, but considered to be beneficial to health by nutritional experts.



A Natural Way to Control Blood Sugars: Premature health failure may also 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.

The first steps in naturally balancing blood sugars is to introduce a high quality lean protein in your diet - the glucagon released when you eat protein helps keep insulin in check, then incorporate essential fatty acids, both found in Hemp Hearts™ (shelled hemp seeds). By avoiding refined carbohydrates - sugars and starches, in favour of high fibre vegetable and whole grain foods, our customers naturally control their blood sugar levels. Diabetics especially, report that circulation improves, often to the extent that they no longer fear losing their feet.

To learn more: http://www.healing-source.com/health_benefits_b.htm



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