

TO: Health Minister

I want to buy and eat industrial hempseed food, but I am told that Australia is the last western country in the world to legalize hemp food for human consumption. Naturopaths, sports trainers, body builders and many health books and websites now recommend hempseed food for many ailments. Overseas, hempseed food is in a variety of foods and sold in shops and hemp restaurants. Many people recognize the nutritional benefits of hempseed food and that it does not causes allergies

Hempseed provides all the essential amino acids and essential fatty acids needed to maintain healthy human life, which makes it a perfect substitute for meat or as a protein supplement. No other single source provides such a complete protein in a form that is so easily digested and absorbed by the body. No other plant contains the essential oils necessary for perfect health in a ratio exactly suited to the bodies' needs. Contains good quantities of soluble and insoluble fibre – replacement for soy products, safe from GM contamination.

Functions of essential fatty acids in hemp seed: improves energy levels, stamina and recovery from fatigue – makes skin soft and helps with acne, psoriasis and eczema – helps weight loss by increasing metabolic rate – helps in healing of wound and injuries – improves the symptoms of ADHD – improves mineral transport and mineral metabolism in the body – transports cholesterol, lowers high blood pressure and decreases risk of unwanted clots in arteries – eases premenstrual mood changes – curbs cravings for sugar and junk food fats – improves the functioning of all the organs and glands – assists in foetal brain development and adult brain function, help reduce stress and depression.

The seed is cold-pressed for the oil and the remaining seed is called hemp meal. The hemp meal can then be milled into flour and/or protein powder, The dehulled seeds are absolutely delicious just as they are, and the enzyme and fatty acid rich seeds are one of the 10 superfoods. The flour is approximately 30% protein (omega 3, 6 and 9) and 35% dietary fibre plus minerals. The protein powder is an excellent source of protein (50%), especially for vegetarians. Hempseed oil is especially healing for people with eczema, psoriasis and other dry skin problems and it can be applied directly to the skin. In some cases, people find hempseed oil is the only treatment that improves their skin disease.

Industrial hemp can not only be manufactured into food, but textile, building materials, bio-fuel, plastic, skin care, animal bedding and food, and paper. Industrial hemp is the most efficient carbon sequestering crop grown all over the world and absorbs about 1.7 times its dry weight of CO2. Over thousands of years, hemp has become naturally resistant to most pests and does not require herbicides. It can produce everything that trees and cotton produce and most products produced from petrochemical oil. Hemp yields 4 times that of trees and twice that of cotton. Hemp takes only 120 days to grow, compared to trees that take 5-20 years to grow for harvesting.

Hemp must NOT be confused with marijuana. The level of THC (the psychoactive ingredient that gets people high) is so low in industrial hemp (0.03%) that it has no effect if smoked. Please do not deny the general public of Australia this very nutritious food and allow hemp food for human consumption in Australia.

The hemp grown in Australia is regularly tested and certified by the DPI (Department of Primary Industries) and the local Police.

Name: _____

Address: _____

Phone:_____

Email:_____Date:_____

Please complete and post to; 19 The Boulevard, Woy Woy, NSW, 2256 / or email to info@hempstore.com.au