

# Can Hemp Save the World?

*Guest post by nutiva.*

Hemp is easily grown without pesticides or herbicides, and besides its tasty nut it yields a strong fiber used for cloth, paper, construction, plastics and auto parts, and countless other applications. It's an extremely versatile and hardy plant, with many uses and is known as one of the most nutritious foods on the planet.

Traditional Chinese Medicine has been using the hemp seed for more than 2000 years as a healing and tonifying food in treating a number of ailments. Hemp is protein rich, gluten-free and loaded with Omega-3 fatty acids and fiber. No known allergies to hemp foods exist.