

Please describe any internal changes experienced relative to pain and tissue inflammation:

Have less aches in knees

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I have had arthritis in my joints with a lot of pain. Now the pain has almost all disappeared.

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I HAVE OSTEO-ARTH. IN BOTH KNEES. FOR 6 YRS I WAS ON CRUTCHES CONSTANTLY - FULL TIME. IN THE LAST 18 MONTHS, I WENT FROM 2 CRUTCHES, TO ONE CRUTCH, TO A CANE (NOW) & AROUND THE HOUSE, I WALK AROUND WITH NO ASSISTANCE & WHILE I STILL HAVE DISCOMFORT IN MY LEFT KNEE - BUT WAY LESS THAN THE PREVIOUS 4 1/2 YEARS. MY RIGHT KNEE IS VIRTUALLY PAIN FREE NOW.

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My arthritis is much improved with heparin. Although I still have some difficulties, I have eliminated prescription medication for inflammation/pain.

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My Arthritic hands are not as sore when I hit them or bump them.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I had arthritis with alot of pain. Now it is gone because of my hemp hearts & my liquid health supplement

**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:**

Have hight blood pressure & arthritis.
All seem to be under control.

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Please describe your experiences with Hemp Hearts and any serious health condition:**

HempHearts has definitely been beneficial in the reduction of arthritis jointpain, and has greatly reduce the incidence of psoriasis.