

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

BLOOD PRESSURE, ARTHRITIS ETC.
THAT FRIENDS EXPERIENCE —
I DO NOT HAVE.

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

With regular use I have overcome the discomfort of osteoporosis and arthritis without resorting to harmful drugs. Recommending hemp hearts to people and they are salacious.

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

I am experiencing less pain and inflammation after a steady diet of hemp hearts.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experience with Hemp Hearts:

During the first two year of eating Hemp Hearts according to the procedure recommended above, my weight went from 235 lbs down to 175 lbs. During this time I was unable to exercise or walk regularly because of a badly arthritic knee, even after two surgeries on it. Getting rid of 60 lbs of excess weight, while at the same time gaining the benefit of the omega fats and essential nutrients, took me from a condition of waiting for a full left knee replacement to where I now walk an hour every day, dance with my wife at the Legion once a week and otherwise enjoy the benefits of a healthy body. At my age of 72 I take no prescription medication of any kind. Hemp Hearts keeps me healthy and out of the Alberta Health Care System!

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

Arthritis pain & accompanying inflammation - GONE!

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

Noticed a considerable reduction of arthritic pain.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

after the weight loss my arthritis no longer bothers me. I can now walk for MILES with no pain in my ankles or knees.

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I have arthritis and have really noticed that my stiff joints are greatly relieved by Hemp Hearts.