

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

Arthritis better in damp weather

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:

My skin is lovely (with exception of radiated area where it is mostly wrinkled and red lined, but v. smooth soft) - Remember Arthritis (Costes) is controlled.

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

I have arthritis in my hands and feet and I've found since using hemp hearts the joints have less pain and more mobility

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:

I have no serious health problems except for arthritis and poor circulation and they have improved since I've been taking H.H.

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

I don't seem to suffer at all with the arthritis in my hands and my hips do not pain me like they use to.

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

I seem to be pain free, except when I over-do-it. Both my parents suffered from arthritis, which I have been free from.

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

skin is softer, smoother, hair is shinier, psoriasis is lessened, joint pain greatly reduced.

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

I began using Hemp Hearts as part of an overall diet change to reduce inflammation and pain. I did not intend to lose weight but, I did. My greatest success was in making Hemp Hearts a consistent part of my overall change in diet, i.e. (low sugar, starch & no processed foods. 3 years later I am pain free.

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