

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

I used to get pains in my fingers & toes, & I don't know if it is the Hemp, but if it is that is ~~good~~ great.

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I never had any problems w pain and tissue inflammation and maybe now when I began my menopause hemp hearts keep me on the same level like before. I noticed that when I pause my hemp hearts intake I experience some pain in joints, but after eating them for 3 or 4 days in a row the pain disappears and my energy level

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

increase

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

definitely less pain and inflammation

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2 1/2 years ago I had a lot of leg & back pain. hemp hearts & one of the products I take daily & I am in good health despite cancer & very little pain now

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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 noticed a definite improvement in my knee mobility within a couple wks. If I go for 7 days or longer without the hemp daily I can feel my knees stiffening up. ^{This could only} _{no. the hemp}

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I have arthritis (osteo) and my joints have been benefitting since I use Hemp Hearts every day. Two years ago I couldn't shuffle cards with my hands. Now my thumbs are pain free and I play cards weeks.

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2 years ago I had ARTHRITIS extremely bad in my shoulder, elbows, wrists, hips, knees, & ankles. I was in extreme pain & honestly thought I'd be in a wheel chair the rest of my life & that my husband would have to look after me. Today you would NEVER know it, just of all because of many people's prayers, and secondly because of Hemp Hearts - the Omega 3's that I needed so badly.

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Inflamed knees & pain gone when eating Hemp.