

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

I have much less pain when taking the hemp hearts. I have lupus, fibromyalgia, arthritis, among other problems - (heart, lung, thyroid)

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

I had pain in my shoulders for years and it has proven to calm inflammation.

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

Arthritis inflammation has greatly decreased; muscles are more pliable + flexible

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:

Due to old back injury it seems Hemp Hearts keep my back from stiffening up.

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

much less joint discomfort more active physically.
I work in a West Fraser Mill by Rocky M. House.
play hockey, flight instructor, rancher.

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

A LOT LESS PAIN - JOINTS !

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

I have had arthritis for years, always with pain and inflammation.
I've used hemp hearts for 2 years. I can manage without
any medication.

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

Have inflammation in lower back which is improving.
Saw Chiropractor in April & didn't need to see him again
until Sept. He was impressed with improvement in back
& said keep up my eating habits & exercise program.