

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 a couple of friends with Rheumatoid Arthritis and they have found some relief and flexing in joints since being on Hemp hearts.

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

I use to suffer knee pain and aches + pains in the body and right now I am pain free since starting on hemp hearts

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

Arthritis is less debilitating — walk further and way more active.

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

I have had arthritis pain in various areas along with pain in the sacro-iliac. I have very little pain so long as I take the Hemp Hearts. I do not take pain medication! If I stop taking Hemp Hearts for a month or so, I have noticed the pain returns.

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:

Have definitely noticed reduced inflammation, especially regarding arthritis.

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

This is the reason I tried the hemp hearts. My daughter - in law made this suggestion as I have a lot of arthritis through my body. I took myself off of medication when I read about the Vioxx controversy and I find that the hemp hearts do just as good a job (better because they are natural), not to mention the benefits of the omega fats.

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

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

Arthritis (osteo) has shown improvement.

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

I suffer from arthritis - Hemp Hearts has made vast difference -

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

**Please describe yourself and the length of time that you have been using Hemp Hearts:**

I have been using this product for approx. 6 months. My daughter (a fitness trainer also uses it) I believe that this product has helped me to overcome many of the most serious effects of Rheumatoid arthritis such as inflammation swelling & pain - and disruptive sleep patterns. Overall, my daughter and I are impressed with the results of taking hemp hearts daily.

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

Helps tremendously with my arthritis, controls the swelling & pain.  
At least 50 of my friends & neighbours are now taking Hemp Hearts every day, as per my recommendation.