

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

* I had psalmalgia rheumatica 4 years ago but now have no joint pain. I never used the predazone (sp.) that the doctor wanted me to take.

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I do have arthritis and virtually frozen shoulders but with exercise - daily - am able to keep sufficient flexibility for most things. Pain is not a problem

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I had a 3 year period of being homebound and almost bedridden having muscle, joint, and arthritic pain, and also recovering from surgery. Hemp hearts were the beginning first steps to recovery. I regained energy and began to work out with a personal trainer. I now have full mobility and am completely pain free

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:

have had rheumatoid arthritis for many years, and having been eating hemp hearts for over 2 years. I find that the sharp pains in my knee and ankle joints has become noticeably less and I attribute this to the beneficial aspect of hemp hearts

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I believe that since taking hemp daily my arthritis appears to be somewhat improved as well hypertension

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

I have been using Hemp Hearts for 4 years now.

It helps my arthritis a great deal. I am over 65 yrs of age & not overweight.

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I feel this has also helped my arthritis alot.

My knees are not nearly as inflamed as they were.

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My fingers do not swell as much and my pain is under control.

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My arthritic hip would really grumble if I couldn't get my H \heartsuit ration. As it is I'm able to stay pain free only succumbing to joint restriction in one direction.

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I noticed less arthritis and stiffness in my hands (my thumbs were affected by overuse doing housework). There is a greater joint flexibility.