

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:

one big thing I really like is a big reduction in in my cellulite 😊 slimmer thighs. my arthritis is no were near as bad

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

Skin & hair are better on Hemp hearts but the biggest improvement for me is that I rarely have had to take my arthritis meds after a few weeks on Hemp hearts. Not nearly as stiff in the morning.

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

Chronic arthritis in foot, inflammation returns if no hemp hearts for 1 week or more.

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

I have definitely noticed a huge improvement in my joints. Decreased inflammation, pain and redness with increased mobility.

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

I noticed less inflammation and pain on the joints

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

I have noticed that I do not have as many aches and pains

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

I had previously experienced joint pain in fingers & knees, but I am pain free now.

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

I have lots of energy and have noticed that I don't have pain in joints as a rule.

**We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.**

**Please describe your experiences regarding energy and Hemp Hearts:**

Yes I have energy, but am crippled with arthritis which I think has been helped, maybe by the Pooties & the Vit you get from taking Hemp hearts Regular