

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

It has helped my arthritis (in joints on my fingers)

My fingers are not as inflamed and painful - (I don't take any medication for arthritis)

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

since I changed my food plan and added hemp hearts I no longer get migraines, my blood pressure is normal (used to very high) joint pain is gone.

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:

SINCE EATING HEMP HEARTS, I HAVE NO

LONGER GOUT ATTACKS OR ARTHRITIS AND SEEM TO HAVE MORE ENERGY

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

I am happy to say that I have no more arthritis pain

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

Use to have very bad arthritis, which has improved a lot.

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 no serious health issues other than Rheumatoid Arthritis and Hemp Hearts are definitely a benefit.

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

I used to have a lot of joint pain, but since taking Hemp Hearts I am almost joint-pain-free.

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Weight control was not a huge concern for me but over the two years I have lost 10 pounds which my arthritic knee is happy about.

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

I believe Hemp Hearts has relieve joint pain (knees particularly)