

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

The joints of my thumbs are less painful when I take at least 5 tablespoons of Hemp Hearts each day

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:

Becko' it hasn't made my osteoarthritis go away I manage most days to get by comfortably -

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

I do have some OA - osteoarthritis from my Super athletic years - Competitive - age 10-18 and dance in my 40's. Hemp H's are an excellent Complementary food to help me with a little inflammation I get in my joints at times

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

I do have ARTHRITIS. And Do EXPERIENCE Some Pain. Am Not Sure How Much Pain I SHOULD be EXPERIENCING, BUT Talking To Others With ARTHRITIS, I FEEL I Am not EXPERIENCING AS MUCH Pain AS Others. Am HAPPY To BEABLE To Keep Up BEING ACTIVE

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

I have experienced a decrease in joint pain and inflammation

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:

62 yrs old
Recommended by someone for energy & arthritis
Using for 1 yr.

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 I HAVE CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTHRITIS IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.

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

AS I MENTIONED BEFORE THE ARTHRITIS IN MY KNEES AND FINGERS IS VIRTUALLY GONE.

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

I hurt less & find that I feel much better when I take hemp hearts, than without.