

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

REDUCED PAIN IN BACK; MY STRETCHING REGIMEN IS NOT AS ACUTELY NEEDED

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

Arthritis in my hands eased up.

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

My arthritis is usually under control & I use very few ibuprofen.

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

I DON'T HAVE ANY MORE PAIN IN MY KNEES

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

Arthritis pain disappears; reappears if I stop using.

L0014

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:

I find I don't ~~ake~~ hurt as much when I take Hemp heart for I have a start of Arthritis in my hip & hands

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

My arthritis doesn't bother me, nearly as much.

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

My back doesn't hurt much now. Is that hemp hearts? Not sure

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:

I have joint pain in arms and legs as well as lower back pain. This has improved since using this product.