

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

Along with lots of different exercises plus H.H. we found a decrease in arthritic pain

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I do have arthritis in my knees and it seems to be under control @ present
Only take pain med once in a while

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I suffer from Osteo 'arthritis' but have noticed I am much stronger than most women my age.

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

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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 don't have serious health conditions but I do have osteoarthritis and Hemp Hearts have helped relieve joint pain, thus improving my mobility!

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As well as following the "HempHeart" program I also do yoga. Since I've been using the "Hearts" I have less joint pain than when I was doing just yoga!

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:

BEFORE USING H.H. I COULD NOT CLOSE MY HANDS TO MAKE A FIST IT HURT TO EVEN TRY. NOW I CAN CLOSE BOTH HANDS WITH LITTLE EFFORT AND MINOR PAIN.

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

LESS PAIN AND INFLAMMATION OF HANDS