

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

I think it took my pain from some arthritis in my wrists.

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

Have terrible arthritis + not as much pain when I try to do anything with my hands like I used to.

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

I have osteoarthritis in my knee + find I experience far less pain when I'm taking hemp hearts.

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

I have arthritis in my knees and haven't had a flare-up since I started using Hemp Hearts regularly.

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

I have had arthritis for years, but pain is only evident when I overdo it - such as baking, working, ironing, etc, standing for several hours.

**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 don't use any medicine for inflammation because it disappeared

**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 had arthritis in my fingers. The inflammation has subsided noticeably w/ hemp hearts, the b2s + turmeric supplement.

I am sorry that I didn't return your a testimonial. I am happy to tell you that I eat your hemp hearts every day and have for a long time. My brother-in-law from Edmonton shared his knowledge of them with me four years ago. I didn't start using them until about a year after that time. I am now 52 years old and have started to suffer with arthritis in my hands. If I stop eating hemp hearts, the joints in my hands ache. I love your product, and share my information about hemp heart with many people. Keep up the good work!