

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

Less pain in my osteoarthritic knees.

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I started to have no pain. I'm including a letter of what I have or had wrong with me that I've reversed due to hemp hearts.

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I Find SHIFTING GEARS EASIER, LONG DRIVES EASIER, LESS PAIN IN JOINTS AND obviously I EAT HEALTHIER too.

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I have OIA of hands + feet & only resort to medication for a short period of time in the winter

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Since I ^{now} live in a humid climate after having lived in ~~at~~ a dry area (~~Alberta~~ (Alberta) joint pains subsided but I find it less with the temp heats. I also know some people here who have made the same claim.

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My finger joints don't ache and stick nearly as much

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I feel my inflammation in my system has lessened. I have also built up the joints more in my fingers - no more deterioration there.

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Arthritis not worsening but returns if not taken, or eaten every morning.

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my arthritic arthritis is far less painful