

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

I have had arthritis for years, always with pain and inflammation. Since using hemp hearts for 2 years, I can manage without any medication.

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:

With hemp hearts I don't need sugar in my tea I don't eat processed foods. I eat a little fish occasionally other wise salads & raw food when ever possible. My skin is in very good condition also my hair but now going a little grey! Its amazing how sudden my sight foot & ankle have lost all the swelling that I had for 10 years?

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

I have fibromyalgia and it seems I am controlling the pain and am able to work much harder and have few bouts of being "down" with aching.

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

much less joint discomfort more active physically. I work in a West Fraser Mill by Rocky M. House. play hockey, flight instructor, rancher.

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

Reduce inflammation

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

2 1/2 years ago I had a lot of leg & back pain -
hemp hearts as one of the products I take daily
& I am in good health despite cancer & very little
pain now

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Please describe any external changes experienced with respect to skin and hair conditions:

We keep tissue inflammation under control.

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

No pain or internal inflammation.

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

I never had any problems w/ pain and tissue inflammation and maybe now when I began my menopause hemp hearts keep me on the same level like before. I noticed that when I pause my hemp hearts intake I experience some pain in joints, but after eating them for 3 or 4 days in a row, the pain disappears and my energy level increases.
Please describe changes to blood pressure indicative of changes in the elasticity of arteries: