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

I no longer get tendinitis in my arms since taking hemp hearts

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

my blood pressure was normal while I was eating hemp hearts, also my varicose veins were not bothering & my legs were not as swollen as when I'm not eating the Hemp Hearts.

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

Det. contributes in reducing tissue inflammation.

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:

Since losing weight circulation in legs have improved. Hemp hearts is good source of protein.

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

my knees are still sore due to injuries + "irreparable damage" but much better than they were 5 years ago.

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

I DO NOT EXPERIENCE ANY PAIN

I DO EXPERIENCE LESS SWELLING + INFLAMATION

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 DO NOTICE REDUCED INFLAMMATION AND MY SKIN IS CLEAR.

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

Does make a difference if I do use it regularly.

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

improved