

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

SUFFERED FROM JOINTS PAIN FOR A LONG TIME, HEMP HEARTS HAS HELP ME GREATLY

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

I have had arthritis pain in various areas along with pain in the sacro-iliac. I have very little pain so long as I take the Hemp Hearts. I do not take pain medication! If I stop taking Hemp Hearts for a month or so, I have noticed the pain returns.

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

Wonne — previous joint (Hip) pain has disappeared without taking any medication (as it is problem) so I plan to continue eating Hemp Hearts.

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 no longer have the chronic excruciating pain in my muscles from the fibromyalgia.

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

Inflamed knees & pain gone when eating Hemp.

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

Have less achiness in knees

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2 years ago I had ARTHRITIS extremely bad in my shoulders, elbows, wrists, hips, knees, & ankles. I was in extreme pain & honestly thought I'd be in a wheel chair the rest of my life & that my husband would have to look after me. Today you would NEVER know it, just of all because of many people's prayers, and secondly because of Hemp Hearts - the Omega 3's that I needed so badly.

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 noticed a definite improvement in my knee mobility within a couple wks. If I go for 7 days or longer without the hemp daily I can feel my knees stiffening up. This could only be the hemp.