

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

I HAVE BEEN TAKING HEMP HEARTS FOR ABOUT 1 1/2 YEARS  
MY SHOULDERS HAVE STOPPED ACHING. THE CONSTANT  
PAIN HAS STOPPED. I AM 72 YEARS OLD

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

- no pain
- no inflammation

\* I have no complaints. It is a great product and I have told many people about it and they have become regular users!

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

No pain or internal inflammation.

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:

My skin generally has become smoother more clean - I find even my perspiration does not have a "sharp" smell, even after excessive sweating - I have quit using deodorant - no need - daily wash is quite adequate - I have reduced swelling in my legs in the evening a result of nerve issues in legs & much reduced burning/pruning of heels

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

alot less pain and tissue inflammation - I take no medication at all for Fibromyalgia.

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

Pain and reduction in inflammation has been noticed.

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

I am experiencing less pain and inflammation after a steady diet of 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 condition:

HE DOES NOT TAKE ANY OTHER VITAMINS  
LESS JOINT PAIN