

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

A NOT LESS PAIN - JOINTS !

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I had pain in my shoulders for years and it has proven to calm inflammation

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I have much less pain when taking the hemp hearts. I have lupus, fibromyalgia, arthritis, among other problems - (heart, lung, thyroid)

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I seem to be pain free, except when I over-do-it. Both my parents suffered from arthritis, which I have been free from.

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definitely less pain and inflammation

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using this product for approx. 6 months. My daughter (a fitness trainer also uses it) I believe that this product has helped me to overcome many of the most serious effects of Rheumatoid arthritis such as inflammation swelling + pain - and disruptive sleep patterns. Overall, my daughter and I are impressed with the results of taking hemp hearts daily.

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I have arthritis in my hands and feet and I've found since using hemp hearts the joints have less pain and more mobility

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:

after the weight loss my arthritis no longer bothers me. I can now walk for MILES with no pain in my ankles or knees.