

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

My arthritis is much improved with hemp hearts. Although I still have some difficulties, I have eliminated prescription medication for inflammation/pain.

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This is the reason I tried the hemp hearts. My daughter-in-law made this suggestion as I have a lot of arthritis through my body. I took myself off of medication when I read about the Vioxx controversy and I find that the hemp hearts do just as good a job (better because they are natural), not to mention the benefits of the omega fats.

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

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It seems to have helped my bilateral planters, with the inflammation and a decrease in pain. I have scar tissue on my leg, and it has improved remarkably.

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Used to experience leg pain + cramps @ night - now, I sleep through the night without pain or cramps. Sleeps 8-9 hours a night.

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Noticed a considerable reduction of arthritic pain

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With regular use I have overcome the discomfort of osteoporosis and arthritis without resorting to harmful drugs. Recommending hemp hearts to people and they are delicious.

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less pain + tissue inflammation

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

I have no pain or tissue inflammation. I've been eating hemp seeds for a few years now.