

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

I now have no pain in abdomen as I did or any other symptoms that cause inflammation etc. - I did have aches here and there before but not any more. I'm free of all this. Thanks to Hemp Hearts.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I have Fibromyalgia and Osteoarthritis which leaves me tired with no energy. Since using Hemp hearts I'm not tired till late afternoon.

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

I no longer have the chronic generalized aching & feeling feverish & fatigued!

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

I did have muskel pain for years. Never took any medication other than what my heel practitioner tells me to take. Since I take Hemp hearts, I can be without taking anything.

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

I use to suffer knee pain and aches + pains in the body and right now I am pain free since starting on hemp hearts

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

Helps tremendously with my arthritis, controls the swelling + pain.

At least 50 of my friends + neighbours are now taking hemp hearts every day, as per my recommendation.

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

④ I had palmyalgia rheumatica 4 years ago but now have no joint pain. I never used the predazone (sp) that the doctor wanted me to take.

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 had rheumatoid arthritis for many years, and have ~~not~~ been eating hemp hearts for over 2 years. I find that the sharp pains in my knee and ankle joints has become noticeably less and I attribute this to the beneficial aspect of hemp hearts