

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

My hips have stopped hurting when I walk

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Feel so good, do not have pain.

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 started using hemp hearts - I was always hungry, fatigued - not well. I use hemp hearts with cereal everyday - which has curbed my appetite - also my body does not ache all over - like before.

We claim that because...

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I have been able to notice great improvements in my joints, much less pain.

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I have had arthritis for years, always with pain and inflammation. Since using hemp hearts for 2 years, I can manage without any medication.

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:**

Hemp Hearts has definitely been beneficial in the reduction of arthritis joint pain, and has greatly reduce the incidence of psoriasis.

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

I have arthritis (osteo) and my joints have been benefitting since I use Hemp Hearts every day. Two years ago I couldn't shuffle cards with my hands. Now my thumbs are pain free and I play cards weekly.

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

Since consuming Hemp Hearts I no longer have chronic hep pain.