

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

I have fibre mitagee and I have hardly any pain my eases is severe but because keep active and the Hemp Hearts I hardly feel any pain

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

I use to think that I had fibromyalge because I always had pain some where in my body - I don't have that anymore either

**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:**

I believe this and vouch for it

**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 DEC 27/06

I HAVE OSLAPEROSIS & ARTARITIS I FEEL SO MUCH BETTER

SINCE I'M TAKING HEMP HEARTS, I USED TO TAKE

9 ADUIL A DAY, NOW I TAKE ADUIL VERY SELDOM

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

When I religiously take the Hemp Heart  
I feel more pliable (muscles/tendons)  
and tissue pain is reduced

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

I believe Hemp Hearts has relieve joint pain  
(Knees particularly)

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

I have noticed that I do not have as  
many aches and pains

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

I used to have a lot of joint pain, but  
since taking Hemp Hearts I am almost  
joint-pain-free.