

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

Sciatic + low back pain have greatly reduced.

**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:**

before - sore elbows (both) + knees (both) + right rotator cuff  
- needed a tensor wrap + pain killers to curl  
- could hardly throw a ball.

after - all soreness gone  
- curl without wrap, pain killers + NO PAIN - can throw better

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

My knees have been bothering me less and less everyday.

7. I use to have a lot of really intense knee pain from patella femoral syndrome and I find that since I started using the Hemp Hearts my day to day pain has decreased minimized and sometimes I have no pain at all. I also have less flare ups of the inflammation that causes this knee 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 am 60 yrs old. I've farmed & worked the oil rigs all my life. In 1978, I came down w/ Scarlet Fever. I was layed up w/ arthritis for over a year. I tried the medical perscription thing; but finally got off prese. drug. Seven or eight years ago, a friend of mine talked me into trying Hemp hearts. I have no arthritic draw backs now. I use them regularly and have talked a lot of friends into taking them.

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

Fatly joint pain has been less. Could it be  
The hemp hearts?

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

I would say I experience less joint pain than I used to.

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

I have arthritis and fibromyalgia and have not had as much pain with either since starting to take Hemp Heart.