

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

I have little or no inflammation or pain of any kind.

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It has helped my arthritis (in joints on my fingers)

My fingers are not as inflamed and painful - (I don't take any medication for arthritis)

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since I changed my food plan and added hemp hearts I no longer get migraines, my blood pressure is normal (used to very high)
A joint pain is gone.

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I HAVE VERY LITTLE PAIN OR TISSUE INFLAMMATORY PROBLEMS COMPARED TO OTHERS MY AGE.

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NO comment. Helpful with Colon for me. My wife has had her colon pain from blockage go away

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Improved

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Used to have very bad arthritis, which has improved a lot.

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I am happy to say that I have no more arthritis pain
