

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

I do not have internal pain and I believe hemp has alot to do with it.

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

The joints of my thumbs are less painful when I take at least 5 tablespoons of Hemp Hearts each day.

**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:**

Even tho' it hasn't made my osteoarthritis go away I manage most days to get by comfortably -

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

I do have some OA - osteoarthritis from my super athletic years - competitive - age 10 - 18 and dance in my 40's. Hemp H's are an excellent complementary food to help me with a little inflammation I get in my joints at times.

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Please describe any external changes experienced with respect to skin and hair conditions:

I have joint pain in arms and legs as well as lower back pain. This has improved since using this product.

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Please describe any external changes experienced with respect to skin and hair conditions:

I find I don't ~~ate~~ hurt as much when I take Hemp heart for I have a start of Arthritis in my hip & hands

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

I DON'T HAVE ANY MORE PAIN IN MY  
KNEES

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

I hurt less & find that I feel much better when I take hemp hearts, than without.

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

I have experienced a decrease in joint pain and inflammation