

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

With my colon problems, I had severe pain throughout the day and especially before & during elimination - The Hemp Hearts reduced my stomach inflammation and my bowel movements are completely pain free - never any constipation.

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:

Since I started the hemp hearts - my pain from lupus & fibromyalgia is greatly decreased - I ^{now} need to take a less medication of which I'm very glad as they have such bad side effects

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

Since using this product I don't have as much gas and stomach pain.

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

My back doesn't hurt much now. Is that Hemp Hearts? Not sure

N0020

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Less pain.

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I do have ARTHRITIS. And do EXPERIENCE some Pain, Am Not Sure How much Pain I should be EXPERIENCING, BUT TALKING TO OTHERS WITH ARTHRITIS, I FEEL I am not EXPERIENCING AS MUCH Pain AS OTHERS. Am HAPPY TO BE ABLE TO KEEP UP BEING ACTIVE

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

To me, this is the MOST telling advantage of eating Hemp hearts. At 71 years old I have sufficient energy to work a full day, physically, with men half my age, I can cycle 5 - 10 miles, or walk and maintain a pace with 35 year olds. On the contrary side if I happen to miss eating seeds for a day or two I feel a noticeable drop in energy and experience muscle pain.

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I have no aches or pains!

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

My overall great health is only getting better. I have no aches or pains & have not been sick in two years.