

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

Suffered for a year with neck + shoulder pain + it is virtually gone - I think Hemp hearts + a weight workout is a great combo.

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

Has reduced tissue inflammation, thereby decreasing joint pain + muscle pain. I started using hemp hearts after diagnosis of fibromyalgia. I am no longer 'bothered' by this condition + have used no pharmaceuticals.

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

I think it took my pain from some arthritis in my wrists.

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

I have osteoarthritis in my knee + find I experience far less pain when I'm taking hemp hearts.

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

improved with Taking of Hemp
because I golf
Prone to Muscle Gain
Greatly improved

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

I do know that when I consistently use hemp
heart each morning, I have much less
inflammation in my colon.

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

I started to have no pain. I'm
including a letter of what I have
or had wrong with me that I've
reversed due to hemp hearts.

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

I Find SHIFTING GEARS EASIER, LONG DRIVES
EASIER, LESS PAIN IN JOINTS AND obviously
I EAT HEALTHIER too.

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

When I eat hemp hearts have no pain and no
tissue inflammation