

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

I had injured my (R) knee several years ago due to a fall in icy conditions. It had been quite painful & I resorted to Tylenol on a fairly regular basis. I have not had to for quite some time.

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

Have terrible arthritis & not as much pain when I try to do anything with my hands like I used to.

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:

2 yrs. - use to maintain weight @ an ideal 120 lbs. & prevent low blood sugar.
I'm not prone to weight gain - more wt. loss.
Protein intake from hemp helps prevent "bottoming out"

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

Had shoulder pain especially at night when arm would ache.
- Improved with Heart Hemp

N0025

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

My finger joints don't ache and stick nearly as much

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

Haven't experienced pain or tissue problems for quite some time. Also my father who was 75 years took hemp hearts each morning & even though he was filled with cancer in his bones in hip & shoulder couldn't isolate the pain he said it never really hurt too much.

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

I practice martial arts 3x a week and eating hemp hearts really helps with energy levels and thus stamina and pain tolerance.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

No comment. I don't go to doctors. I eat hemp hearts and other good super foods.

Whenever I have had my blood pressure checked, it has been totally normal.

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

I've been active my whole life and suffered many sports related injuries when I was younger. In the last 10 years (while eating hemp) I've noticed a huge change with joints and injuries feeling better that had bothered me for years.