

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

I don't know about this but I did mention regularly. I don't have pain at all even though at forty years old I remember my hands were like claws and I had extreme pain in both knees. One in particular. It was arthritis which is in the family.

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:

I don't use any medicine for inflammation because it desapered

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

I've been in a bad auto accident and had other various broken bones + ligament, muscle + tendon damage that goes with it. I was always in some sort of pain and discomfort. I find now most of that has eased off. I believe the hemp hearts + regular exercise help.

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

Since I ^{now} live in a humid climate after having lived in ~~at~~ a dry area (~~Alberta~~) joint pains surfaced but I find it less with the hemp hearts. I also know some people here who have made the same claim.

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Weight stays constant. Muscle cramping not a problem any more.

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

As stated earlier, my stomach has not hurt since eating hemp hearts & I am (finally) regular!

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

Overall, improved health. Very little joint pain and inflammation, plus increased range of motion.

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

Joint pain (knees, ankles) has improved.