

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

Blood pressure is ^{now} normal and 2m more relaxed!

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

Have high blood pressure & arthritis.
All seem to be under control.

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

I stopped using for approx 4 weeks.
My Bowel became stubborn and my Blood pressure increased and I had less energy. Started using them again & everything came back to normal again. R.

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B.P. is great — 110/60. My doctor is jealous.
Oh! My Cholesterol is 5 and stable.

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Blood pressure dropped in two months from 165/85 to 120/70
Cholesterol from high to normal

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Yes, most different. The heart keeps my blood pressure low and on medication.

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Since I have been taking hemp hearts I have not had any high blood pressure

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I had a blood pressure check in Sept after 2-3 mon on hemp hearts. My reading has always been normal but it was even lower - 105/70 which the dr. said was great!

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Blood pressure has dropped into "normal" zone - but don't know what is due to exercise versus diet (hemp hearts)

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My blood pressure has remained at 120 for the last 5 months - this is as good as it gets for someone who has high blood pressure.

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

Very low blood press + slow heart rate (52-54)