

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

I have mentioned the swelling & burning/pain issues of legs. I have considerably less bowel/anal pain as a result of effortless movements - stools move through me instead of solidifying like clay and shooting things down. This reduces the amount of "general gut cavity pain" in my day.

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Quite often my left leg would be swollen by days end. Not any more.

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I have fibromyalgia and it seems I am controlling the pain and am able to work much harder and have few bouts of being "down" with aching.

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:

With hemp hearts I don't need sugar in my tea & don't eat processed foods. I eat a little fish occasionally other wise salads & raw food when ever possible. My skin is in very good condition also my hair but now going a little grey! Its amazing how sudden my right foot & ankle have lost all the swelling that I had for 20 years?

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less back pain

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:

have energy throughout the day and try to eat again about 2-4 PM. Some days I just use the energy for a while and let my body restore. A+

suffered from extreme chronic constipation - documented trips to emergency after a week without bowel movement - I was borderline Oshmy With Hemp Hearts - I go @ least once a day without strain & a good cleansing - This is soho life for Savon (Nham) with this.

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I have no pain and no inflammation. The past year I have not had one cold or flu. It has been a good year health-wise.

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:

I have been using Hempseed over 2 years. I have fiber myalgia (aches and pains in my muscles). The hempseed reduces the aches and pains by 80%. If I miss it for a week - I feel a big difference. I take 2 or 3 tbsp every 2 days, if not more sometimes - depending on how I feel.

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:

Other than irregularity, blood pressure & Osteo arthritis, I never had "Serious" health conditions - Hemp Hearts have made a huge difference in my life. Thank You for this wonderful product,