

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

I have IBS with severe cramps. I'm also on morphine for pain control. Hemp hearts have helped me stay regular - less diarrhoea & constipation and most of all less super painful cramps.

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:

After 57 years of a busy, active life, Osteoarthritis in my knees, hips and hands was causing pain and reduced activities. Hemp Hearts eased my arthritic pain within 2 weeks of daily am. ingestion of this product and after 4 weeks of usage I experienced very little pain. My preference is to use non-prescription drugs remedies which have very few side effects and often have many benefits (i.e. nutritional & analgesic).

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:

Being a sufferer of Exema: Dermatitis (around my nose chin & forehead)
I have noticed a significant Change in my Complexion for the Better since my steady use of Hemp Hearts

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit 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:

As I stated above I mix my Hemp Hearts in a morning smoothie with milk, yogurt, ice, frozen fruit - Being a sufferer of Diverticulitis I have not had ~~an~~ recurrence in many months - I credit my daily HEMP HEARTS for this
ALSO NO MORE CONSTIPATION

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:

While I cannot attribute improved health to the hemp hearts alone, I do consider them an important part of my regime which was initially undertaken as to see if I could improve ~~to~~ my poor health—namely fibromyalgia which I had been suffering from

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

for over 15 yrs

Cont from above:

The last 2 yrs. I have regained my health and through careful monitoring of my diet, stress and exercise have, for the most part, been symptom free.

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:

When I had cancer & was going through ^{chemo} my brother started me on this to help me with good protein to keep up my energy & strength.

I LOVE THIS STUFF!

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:

CANCER THIS YR. SO AVOIDED HIGH GLYCEMIC FOODS, SUGAR
& MADE HEMP HEARTS AN IMPORTANT ADDITION TO MY DIET