

**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.

**We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.**

**Please describe your experiences regarding energy and Hemp Hearts:**

Hemp Hearts are, without a doubt, most beneficial to me and certainly gives me the energy I need to do the work I do all day.

**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:**

Have not used Hemp to lose weight... just energy and to keep me regular.

**We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.**

**Please describe your experiences regarding energy and Hemp Hearts:**

They do give me the energy I need to run a busy house with 7 children.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.  
Please describe your experiences regarding energy and Hemp Hearts:

I do have better energy since eating Hemp Hearts.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.  
Please describe your experiences regarding energy and Hemp Hearts:

As a care aide I am very busy so after I have another tablespoon in the evening over my supper. Keeps my energy level up.

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Please describe your experiences regarding energy and Hemp Hearts:

Since I have been consuming hemp hearts I find they increased my energy level and it has been maintained over the six years even if I miss the hemp hearts for a day or two.

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Please describe your experiences regarding energy and Hemp Hearts:

Definitely increased energy level!