

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 find when I ~~do~~ use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflammation and we have very healthy skin and hair condition.

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

LESS PAIN AND INFLAMMATION OF HANDS

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As well as following the "HempHeart" program I also do yoga. Since I've been using the "Hearts" I have less joint pain than when I was doing just yoga!

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Well, I still have all my hair (no bald spot) It's quite thick & still brown, except on the temple (sideburns). As far as I know, tissue health appears to be good. The body's ability to produce collagen, a component that contributes to the health of skin, hair & nails, reduces with age. Hemp Hearts appear to contribute to the production of collagen in the body which helps to retard the aging process of the skin which maintains tissue elasticity, etc. This process may not be scientifically verified.

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I did have issues with tendonitis on my right forearm. Since being on hemp hearts that has cleared up.

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

Like I said, I am on the move all day and I'm on cement pavement. When I don't take the hemp hearts, my knees & hips hurt something awful. I also have several of my workmates taking them. They notice the energy level goes up & the aches go away.

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 Hemp Hearts since 2005 I believe when I can afford them. I started using hemp because of constipation cured that. Then went back on them & saved my feet & legs.

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my hair & nails are growing longer, stronger and lusher. The inflammation at the back of both my hands minimized incredibly.