

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

Arthritis not worsening but returns if not taken, or eaten every morning.

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

I feel my inflammation in my system has lessened. I have also built up the joints more in my fingers - no more deterioration there.

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 used to pull myself upstairs with the help of the hand rail before H H. After being on the H H for a few weeks I could walk up with a 5 gal. pail of water in each hand. They restored the strength in my legs.

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 have gone through a lot of operations & have bounced back more quickly & my hair fell out & skin looked bad - had broken hip & more of my hair is growing back & it is black in color (natural) my hair dresser said she has never seen that before! But I'm happy! It is at the top of my forehead!! My hair is doing well and my skin & joints are better - my arthritis fingers are all straightened out - they were curved before - because of hard work in farm & cold - being outside.

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

Has helped with inflammation and stomach problems (with inflammation). It has most definitely reduced inflammation and pain & help towards healing

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Please describe any external changes experienced with respect to skin and hair conditions:

I have reduced inflammation in my feet. I have been told I am looking younger.

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

- My waist size reduced one waist size
- My hands had swelling and soreness at the finger knuckles. Prior to using Hemp Hearts, This is now gone.
- Small flat warts have disappeared from my hands.
- I do not experience dry skin conditions

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

My finger joints don't ache and stick nearly as much