

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

In addition to hemorrhoids of late, I'm no longer with me. Knee joints and hip joints, pain and inflammation have reduced significantly. My physical activity has increased as a result.

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My fingers do not swell as much and my pain is under control.

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 am an 81 year old male. I started taking Hemp Hearts about 3 years ago searching for something to improve energy and relieve stiffness and pain.

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:

Because hemp is a source of natural protein it was replenishing my body with much needed protein lacking in my diet. My muscle aches were reduced and I moved more fluidly producing more energy.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I AM 61 YEARS OLD, I HAVE BEEN TAKING HEMP HEARTS SINCE 2004. I NOTICED ~~NOT LONG~~ AFTER TAKING HEMP, MY JOINTS DON'T HURT HALF AS MUCH AS BEFORE, I AM MORE ACTIVE.

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

I had a 3 year period of being homebound and almost bedridden having muscle, joint, and arthritic pain, and also recovering from surgery. Hemp hearts were the beginning first steps to recovery. I regained energy and began to work out with a personal trainer. I now have full mobility and am completely pain free.

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

Helps control pain + inflammation in body.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I have M.S + if I eat my 5 tablespoons of Hemp hearts + can walk better + it really fills me up.