

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

No longer have a pain without a cause. Swelling of legs & feet has lessened. Very seldom receive leg cramps; once occurred regularly. Circulation has improved.

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I have definitely noticed a huge improvement in my joints. Decreased inflammation, pain and redness with increased mobility.

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I've had 3 rear-end car accidents... so I have had years of constant pain. I would have to say in the past 2-2.5 yrs... my body has been relatively pain free.

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My digestive system has improved and regulated. I am eighty eight years old and my joints, knees & hips, etc. work like a well oiled machine & keep me walking without any pain.

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I have \$ very little gas & my pain & tissue inflammation is considerably improved.

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\* I rarely have flare up days w the diagnosed Fibro myalgia due to tissue inflammation

**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:**

Sjogren's Syndrome - a serious, cross over auto immune disease. Hemp hearts each morning appear to give me more energy than if I don't have it on my cereal. Also help w/ bowels - quite possibly w/ some of the

general body inflammation

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Because I have RA I believe the healthy eating along w/ hemp hearts allows me to live a productive and with very limited pain.

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1 NO LONGER SEEM TO SUFFER GAS PAINS + CONSTIPATION OR DIARRHEA