

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

Does make a difference if I do use it regularly.

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

my knees are still sore due to injuries + "irreparable damage" but much better than they were 5 years ago.

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

I DO NOT EXPERIENCE ANY PAIN

I DO EXPERIENCE LESS SWELLING + INFLAMMATION

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

Swelling in my feet has gone down. so I feel more comfortable, shoes easier to put on.

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

I experience less pain

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

Seldom have pain anymore!

**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:**

Using Hemp hearts aids me  
as I am experiencing ~~new~~ neurological  
growth following my surgery.  
I feel more pain when I don't use Hemp Hearts

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

NO PAIN / TISSUE ISSUES !!

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

I am pain free