

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:

I have no serious health issues other than Rheumatoid Arthritis and Hemp Hearts are definitely a benefit.

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

I have no pain in spite of severe damage to my left hip, have used hemp heart every morning for more than 2 yrs.

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

I have no pain and am comfortable.

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

I have lots of energy and have noticed that I don't have pain in joints as a rule.

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

long standing back ache problems significantly reduced, in conjunction with exercise and some massage therapy

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

I don't seem to have as much pain as before I started using Hemp Hearts

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

my sister in law has osteoarthritis she noticed the pain in her shoulders improved greatly.

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

I had previously experienced joint pain in fingers & knees, but I am pain free now.