

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: SINCE I HAVE CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTERIES IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.

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

I use to suffer from these but that has improved over the past 9 years.

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

I am all clear from pain & tissue inflammation.

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

I've sent H.H.'s to my daughter who ~~has~~ has varicose vein problems and a lot of pain and H.H.'s have helped her. Since I have been on them, I do not have the vein problem I used to have either. They seem to have strengthened the vein walls & improved my circulation.

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

No pain or tissue inflammation.

N0019

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

My arthritis doesn't bother me, nearly  
as much.

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

Arthritis in my hands eased up.

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

Arthritis pain disappears; reappears if I stop using.

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

AS I MENTIONED BEFORE THE ARTHRITIS IN MY KNEES  
AND FINGERS IS VIRTUALLY GONE.

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

I didn't have any tissue inflammation or pain before I took hemp but by now - at 64 I should have some and I don't - so hopefully it is my regular taking of hemp hearts that is stopping that.