

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

BEFORE USING H.H. I COULD NOT CLOSE MY HANDS TO MAKE A FIST IT HURT TO EVEN TRY. NOW I CAN CLOSE BOTH HANDS WITH LITTLE EFFORT AND MINOR PAIN.

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

LESS PAIN AND INFLAMMATION OF HANDS

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

As well as following the "HempHeart" program I also do yoga. Since I've been using the "Hearts" I have less joint pain than when I was doing just yoga!

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Please describe any external changes experienced with respect to skin and hair conditions:

I did have issues with tendonitis on my right forearm. Since being on hemp hearts that has cleared up.

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

I have arthritis in my knees and
haven't had a flare-up since I
started using Hemp Hearts regularly.

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

I experienced less pain while walking or standing up behind the workbench

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 don't have serious health conditions
but I do have osteoarthritis and Hemp
Hearts have helped relieve joint pain,
thus improving my mobility!

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

I've noted less sore muscles when used consistently.
