

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

DEFINITELY HAVING REGULAR BOWEL
MOVEMENTS WHICH IN TURN REDUCES
SLUGGISHNESS & EXPELLS TOXINS FASTER
& THEREFORE REDUCES PAIN & SWELLING.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I do not get hungry. I haven't tried losing weight. This is the best I felt in yrs. I do my own garden & housework. & no sore spots.

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Along with lots of different exercises plus H.H. we found a decrease in arthritic pain

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

I have OIA of hands & feet & only resort to medication for a short period of time in the winter

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

I have a disease called Ehlers Danlos syndrome and Hemp Hearts help me manage the pain

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:

To me, this is the MOST telling advantage of eating Hemp hearts. At 71 years old I have sufficient energy to work a full day, physically, with men half my age, I can cycle 5 - 10 miles, or walk and maintain a pace with 35 year olds. On the contrary side if I happen to miss eating seeds for a day or two I feel a noticeable drop in energy and experience muscle pain.

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

I suffer from fibromyalgia and slowly I have experienced less pain and more energy. I feel stronger than I did a year ago.

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Please describe your experiences regarding energy and Hemp Hearts:

Over the years I have learned to control my sugar ~~at~~ cravings. Hemp hearts are an essential part of that learning process. In fact, I'm ↑ energetic & pain free now than I was 15 yrs ago.