

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:

I had arthritis in my fingers. The inflammation has subsided noticeably w/ hemp hearts, the b2s + turmeric supplement.

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

I have had arthritis for years, but pain is only evident when I overdo it - such as baking, working, ironing, etc, standing for several hours.

I am sorry that I didn't return your a testimonial. I am happy to tell you that I eat your hemp hearts every day and have for a long time. My brother-in-law from Edmonton shared his knowledge of them with me four years ago. I didn't start using them until about a year after that time. I am now 52 years old and have started to suffer with arthritis in my hands. If I stop eating hemp hearts, the joints in my hands ache. I love your product, and share my information about hemp heart with many people. Keep up the good work!

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

Less pain in my osteoarthritic knees.

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

Less pain

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

- 1 TAKE 2 SPOONS PER DAY WITH MY CEREAL. MY WIFE TAKES
3. TAKING 5 WOULD COST \$50.00 A MONTH. (TOO EXPENSIVE!)
BENEFITS = 1. HELPS DIGESTION
2 HAS SINCE WE STARTED USING IT NEITHER HAS HAD
"CRAMP ATTACKS IN OUR UPPER LEGS. HER'S ~~WAS~~ VERY SERIOUS

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

no more pain

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

59 yrs old - male - using for about 4 years
Started to use to reduce finger joint
stiffness + pain.

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

Definitely decreased! joints feel
much better.

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

VERY LITTLE JOINT PAIN IN SPITE OF MANY
INJURIES FROM SPORTS & LIFE