

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

The last blood tests were very good. No high blood pressure. My Dr. was very pleased and told me to keep on doing what I'm doing.

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MY BLOOD PRESSURE STARTED DROPPING 3 TO 4 MONTHS AFTER STARTING H HEART AND HAS BEEN NOW MAINTAINED AT NEAR NORMAL LEVEL. I HAVE BEEN TAKING MILD MEDS FOR BLOOD PRESSURE FOR 30 YEARS BUT HEMP BROUGHT IT DOWN AS MENTIONED

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With hemp hearts able to take 50% less pills
A friend has been able to get off his blood pressure pills

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MY BLOOD PRESSURE HAS GONE DOWN. I USED TO BE BORDERLINE HIGH BLOOD PRESSURE.

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 am not diabetic but I have evidence of less peripheral artery disease and improved circulation in extremities.

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no observations. The doctors are pleased with my low blood pressure.

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I have had much better time keeping my blood pressure under control since I started using hemp hearts approx: 2 years ago.

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I was on blood pressure medication, but have stopped as my pressure is good 110/70.

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

I have been able to cut my blood pressure medication in half.

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Please describe changes to blood pressure indicative of changes in the elasticity of arteries:
When I was ^{taking} ~~on~~ the hemp hearts for a while my doctor was surprised to see my blood pressure had gone back to normal.