

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

Arthritis is less debilitating — walk further
and way more active.

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:

My skin and hair have been
so drastically changed. I look
at least 10 yrs younger.

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:

A very good experience
Better skin condition

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

Dropped my blood pressure dramatically.

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

My blood pressure has been normal for a few years now. The doctor is very pleased with it.

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

I used to have high blood pressure but no more. I do not take any pills. Hemp seeds will always be part of my diet.

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

As above described my blood pressure got down to the amazement of my doctor, who did not agree to that at the start of me taking "hemp hearts".

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

I have definitely noticed a drop in blood pressure - I am on medication - but have reduced my medication by 50% since eating hemp hearts. This is the most important change I've noticed in regard to the benefits of H. Hearts & the main reason I will continue to use them regularly.