

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

I've had 3 rear-end car accidents, ... so I have had years of constant pain. I would have to say in the past 2-2.5 yrs. ... my body has been relatively pain free.

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:

I HAVE BEEN USING HEMP HEARTS FOR JUST OVER TWO YEARS ON A REGULAR BASIS— BEFORE I HAD USED THEM OCCASIONALLY. I HAD A CAR ACCIDENT 7 YEARS AGO, IN WHICH MY KNEES SMASHED INTO THE BACK SEAT, RESULTING IN HIP SURGERY, ONE IN 2002 & THE OTHER IN 2005. I HAVE DEFINATELY NOTICED MORE ENERGY & LESS ACHES SINCE TAKING HEMP HEARTS ON A DAILY BASIS.

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

Have noticed that cuts seem to heal much quicker than before taking Hemp Hearts.

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:

Since I've been taking hemp hearts I find that cuts & scrapes do heal much faster, my hair & nails grow faster & healthier as for inflammation, never had problems there for.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

Because I had serious bowel surgery when I was much younger I have to be careful of what I eat. (no leafy vegetables or seedier fruit etc.) I would have to have a fresh green salad but I dare not. Hemp Hearts are so very helpful. I have not had an attack since using them.

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

I have been using Hemp Hearts for 3 years, as I cannot eat meat, because of allergies & only 1 small kidney. I found these supplemented my protein intake satisfactorily.

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

I do have some OA - osteoarthritis from my Super athletic years - competitive - age 10 - 18 - and dance in my 40's. Hemp H's are an excellent complementary food to help me with a little inflammation I get in my joints at times.

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

10 YRS AGO I HAD A BIG ACCIDENT AND USING THIS PRODUCTS I FEEL NO SIDE EFFECT FROM IT. THE ACCIDENT.