

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

After a few years of taking hemp, I decided to cut back. I knew it was not ~~an~~ imaginary, I ached more and was constantly stiff. Constipation and lethargy occurred often.

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

I no longer have the chronic generalized aching & feeling feverish & fatigued!

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 am a 50 yr. old female, suffering from fibromyalgia & lupus. I have been eating the hemp hearts for the past 7 months, & since I have incorporated them into my daily diet, I have never felt better in my whole life! I feel that I have a new lease on life!

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I stopped using for approx 4 weeks. my Bowels became Stubbler and my Blood pressure increased and I had less energy. Started using them again & everything came back to normal again. R.

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

I am a 54 year old woman, I've taken hemp hearts daily for 2½ yrs. I feel more energy, less appetite for sugar and generally I feel better when I eat ¼ to ½ c. daily (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:

Most people think I am in my 60's instead of 75, my real age.

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Please describe any external changes experienced with respect to skin and hair conditions:

my hair has more body and grows faster, fingernails are healthier, my dentist says I have very healthy gums.

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 just feel all around 100% better with Hemp Hearts