

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 have been told that I have great looking skin eg face. + what my secret is. I also look in my 30s and I am 50! My hair is in great condition

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My skin is clear & more ~~and~~ radiant since I have improved my diet through using Hemp Hearts.

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My skin has remained clear and without noticeable aging up to this point.

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I noticed my hair, nails & skin has been improved to be vibrant and healthy due to the Omega's in the Hemp Hearts.

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Prior to using Hemp Hearts I occasionally had itchy dry skin. This has cleared up after using Hemp Hearts.

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

My skin and hair feel healthy and supple.

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

Improved skin + hair condition

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

My hair is definitely shinier and healthier looking since I have been eating Hemp Hearts. My skin is also moister.