

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:

Skin + Hair are normal. I am 63 years old and nobody believes my age they always guess about 48-50.

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

I discovered hemp hearts 3 years ago. During that time I have had a thyroid condition - that has alternated from hypo to hyper thyroid, with loss of hair and dry skin. Now my hair is silky, smooth, thick, and full. My skin is clear, supple and youthful.

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

My skin is not dry anymore it is moist and hair is oily;

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

I never thought much of much, but my skin and hair is in good condition

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

*I have healthy hair and skin.*

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

*I have found this to be true*

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

*Many people commented on how good I looked. asked what I was doing*

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

*I have smooth, dewy, healthy skin and at age 63 am often complimented on its condition.*

*My hair is lustrous and thick.*

*I note improvement in 2 small psoriatic rashes.*