

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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Absolutely! I suffered from all of the above as well as very low energy - my skin and hair and energy have significantly improved

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At 68 years old, my hair is still soft and curly and my skin does not have the pronounced wrinkles or dryness problems that someone my age usually has.

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My hair is very shiny since I started using the product. It is not dry. My eyes are not puffy in the morning

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For years I have had a rash inside my hands that would flake up on and off. It is finally gone and the skin appears to be softer. My hair and nails are in good condition.

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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.

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I have seen shiny hair and skin's alright.

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Healthier skin & hair.