

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've noticed my hair is softer and shinier.

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

Healthy hair and skin + nails!

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

skin & hair very healthy

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

Skin & hair is healthier.

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

My skin & hair have improved substantially since starting on Hemp Hearts

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My hair loss has slowed down. I have 2 younger brothers but I am the only one with hair. I have a lot of loose skin but I will gladly pay that price.

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My friends, family as well as my Doctor tell me I look much younger than my 66 years. They also tell me that I just don't age. My hair is shiny, my skin is soft with no dryness to either.

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

Our hair & skin have become very healthy.