

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:

Since I've changed my menu 3 yrs ago, & inc. Hemp Hearts my hair is no longer falling out, & is nice & healthy.

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

My Nails are stronger

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

My skin & hair have been looking really good.

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

PEOPLE HAVE COMMENTED ON MY SKIN, I DEFINATELY HAVE LESS LINES, ALSO MY HAIR HAS GROWN MORE THAN IT EVER HAS BEFORE (SOMEONE THOUGHT I HAD HAIR EXTENSIONS) IT IS ALSO THICKER & SHINIER

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my hair has improved in texture, and I am not losing hair when washing & brushing any more.

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SINCE HEMP HEARTS, MY SKIN HAS BEEN LESS DRY AND MY HAIR IS THICK AND HEALTHY.

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

CLEARER COMPLEXION AND HEALTHIER HAIR IS HAPPENING TO ME

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

We both have good skin & hair conditions