

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:

The health of my hair has improved, have always had good skin so am maintaining that. My friends say I never age.

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

LESS DRYNESS
MORE ELASTICITY
MORE SHINE IN THE HAIR

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

SKIN & HAIR GREAT! BETTER THAN BEFORE HEMP HEARTS.

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

Skin looks great & hair is healthy & shiny.

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

Skin & hair conditions are definitely less dry

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Our skin is shinier as are nails & hair. They grow back much faster too.

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

my hair has really changed it is so soft & healthy even my hair dresser has mentioned it & my skin is also much better not so dry

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

do notice very shiny hair - better skin -