

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 find when I do use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflammation and we have very healthy skin and hair condition.

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Well, I still have all my hair (no bald spot) Its quite thick & still brown, except on the temple (sideburns). As far as I know, tissue health appears to be good. The bodies ability to produce collagen, a component that contributes to the health of skin, hair & nails, reduces with age. Hemp Hearts appear to contribute to the production of collagen in the body which helps to retard the aging process of the skin which maintains tissue elasticity, etc. This process may not be scientifically verified.

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Being Diabetic TYPE 2, I FIND I HEAL FASTER
LOOK YOUNGER AND MY HAIR IS NOT AS STRAW
FEELING AS IT USED TO

Hair and skin are in excellent shape.

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I don't have tissue inflammations, so don't notice any changes. However, I do notice my fingernails are stronger and less brittle.

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Consuming Hemp Hearts and avoiding sugars, starches and especially processed foods, keeps me healthy. My hair and skin also benefit from this wonderful food.

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I heal faster (eg. cuts scrapes) and my hair is healthier! more shine to it (hair)!

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I never knew this but when I think about it I have noticed that my hair & skin do seem better.