

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~~ I've been told that my skin is more vibrant and soft but most of all my fingernails and toenails are much stronger and don't crack any more. I now have fingernails.

Please describe any internal changes experienced relative to pain and tissue inflammation:

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

People say I look very young and healthy for my 56 years. I only know I feel great, physically and mentally.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

My weight has decreased to normal. My skin and hair are much improved.

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

In the past 2 years I have lost ~ 10 lbs without changing my eating habits. I have noted increased moisture in my skin + hair

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

my nails (fingers & toes) grow much better &
stronger I could not grow nails for years & now
I have no problems My ~~face~~ skin appears to be
more vibrant, soft and my hair seems to have more sheen
as I have also been told by others

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

Improved tissue health noticed, J.

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

hair is in good condition
Skin is good, no ~~the~~ dry skin.

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

Skin and hair are great. Hair and nails grow like weeds.