

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 used to have alot of outbreaks on my legs.
They are now very rare.

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

I'm 72 years old and I have no health problems.
I have very good skin tone and people take me
for late 50's. I don't eat processed food or junk food.
I know that Hemp seeds are a perfect food. 19

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

My skin and hair are very healthy and good looking
because of my diet which includes hemp hearts
everyday.

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

I have noticed stronger nails, healthier skin
and much shinier, stronger hair.

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

I'm getting pretty old but most who meet me are surprised at my appearance. NOT REALLY CHANGING BUT STAYING THE SAME

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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:

My hair & skin always appear to withstand our cold weather better & hemp heart intake.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

Hemp Hearts has definitely been beneficial in the reduction of arthritis joint pain, and has greatly reduce the incidence of psoriasis.