

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 have noticed that my skin (I am 59/65) looks much better.

People comment on how healthy I look.

My hair has grown long and people consistently comment on how nice it looks.

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My skin looks younger and my finger nails grow faster than they used to. One lady I introduced the product to experienced a dramatic improvement in her serious eczema - in fact it disappeared.

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My skin is not dry anymore it is moist and hair is oily;

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I never thought much of much, but my skin and hair is in good condition

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BECAUSE OF MY CANCER (BLOOD) SKIN) - MY SKIN WAS LIKE FISH SCALES
NOW - EVEN DURING TREATMENT MY SKIN IS NOT DRY AND FLAKY
PEOPLE TELL ME HOW GOOD MY SKIN LOOKS

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Since taking hemp hearts I look and feel younger, when I go swimming people are amazed that I do not have wrinkled facial skin and my hair is always shiny and I do not use any hair creams or any hair

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

for Hemorrhoids = helped

for my dry eyes - helped (no more dry eyes)

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Absolutely! I suffered from all of the above as well as very low energy - my skin and hair and energy have significantly improved