

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:

Healthier Hair/Skin

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My skin now has very little acne, which I've suffered from most of my life, I've noticed that my hair seems healthier & thicker. I didn't know that this could be a benefit of taking hemp hearts. Bonus!!

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skin has improved - especially the significant reduction in extremely dry skin

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I know my skin has improved & my hair is much ~~easier~~ ^{easier} to control

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My skin & hair are great, younger & brighter looking.

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My skin is looking better all the time

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HAVEN'T REALLY PAID ATTENTION TO THIS PART, BUT FAMILY & FRIENDS SAY I LOOK GREAT.

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I have seen shiny hair and skin's alright.