

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:

Since I started using Hemp Hearts, the two things I have noticed is that my psoriasis in my scalp has vanished and I no longer have the dryness and skin cracking on my hands and knuckles.

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I receive compliments quite often on how young I look. People think I am much younger than I am. My hairdresser tells me that my hair is in really good condition.

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I have always had very dry skin, the hemp seems to add moisture to my skin. The biggest improvement is a true decrease of wrinkles on my face - this could only be the hemp.

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Dandruff seems to have cleared up. Dry skin patches (eczema) are non-existent

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Since using Hemp Hearts - my facial skin is clearer than before and the balance of proper Omega's has helped my whole body inside and out

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I have Psoriasis (developed at age 69)
Since taking Hemp Hearts my psoriasis lesions have lessened by approx 50%

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I was bald before using Hemp Hearts so I have no comment on it.
My skin is much improved as far as I can tell.

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Definitely has had a big impact on my skin. It's soft, and smooth - I look much younger than my age.
My massage therapist is amazed at how little massage oil she has to use on me as compared to her other clients.
My skin IS NOT oily.