

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:

my skin is a lot softer and subtle

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CUTS HEAL VERY FAST, USED TO HAVE INGROWN
HAIR ISSUES WHICH ARE COMPLETELY GONE
NO ACNE

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

hair grows quicker, less wrinkles on face
and arms. able to bend more easily.

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

Before starting to take Hemp Hearts I suffered with very dry, itching skin. During the winter, in particular, cracks would develop on my thumbs. Whether it's the high omega content and/or the essential nutrients of Hemp Hearts, my daily eating of them has resulted in the elimination of dry, itching skin and cracked thumbs. THANK YOU, ROGER!!

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Skin + hair not as dry + brittle.

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I do believe it helps ~~for~~ hair and skin due to the amazing nutritional punch in the hemp hearts.

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

My complexion was a lot healthier. My hair ~~was~~^{felt} thicker.

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

had eczema - skin clear