

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 my face complexion is nicer than I ever remember. Not bad for someone 47.

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

My skin is not as blotchy as I find I am not wearing foundation anymore

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

My hair is very shiny since I started using the product. It is not dry. My eyes are not puffy in the morning

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

I have less eczema + more energy since using hemp hearts

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

I have had pimple problems clear up & hair is thick & shiny!

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

At 68 years old, my hair is still soft and curly and my skin does not have the pronounced wrinkles or dryness problems that someone my age usually has.

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

My bruising is diminished. I feel lighter and more energetic.

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A very good experience
Better skin condition