

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 clear and youthful with very satisfactory tone.
My hair is very shiny and has good body.

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

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

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 condition:

Everything in respect to skin and hair condition has tremendously improved.

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

THIS IS THE BENEFIT OF HEMP HEARTS + WITH I STARTED USING THEM.
I USE TO GET A LOT OF CRACKS AROUND MY FINGER NAILS ESPECIALLY IN THE WINTER, BUT THIS CONDITION HAS DISAPPEARED SINCE USING THE HEMP HEARTS.

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

I have noticed my skin and hair looking much healthier. Especially since I am breast feeding which can affect skin + hair negatively.

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

skin dry no longer. hair full in good condition

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

My skin & hair have improved substantially since starting on Hemp Hearts

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

This is where I have noticed the most improvement. I used to have flaky skin with oily areas + dry areas. Now there is more balance. All over my skin is way less dry + my hair is much softer all the way to the ends