

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 isn't as dry as it was before I started using Hemp Hearts

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Irritating scalp flakes have virtually disappeared.
- no skin problems.

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

My skin quality seems improved

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

Skin feels & looks clearer. Re hair & nails both are stronger & thicker than prior to using H.H.

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

skin no longer itches
hair very healthy + no longer
D. ...

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My skin is very healthy and very evidently belieis my 61 years. I think this is at least partly due to the Omega oils in the Hemp Hearts.

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Everyone keeps telling me how good I look. My complexion is flawless. I look much younger!

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We did notice improved skin and hair conditions when we first began eating Hemp & we still feel continued good skin & hair condition.

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Since I've been taking hemp hearts I find that cuts & scrapes do heal much faster, my hair & nails grow faster & healthier as for inflammation, never had problems there for.