

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 thin hair but the hemp has made my hair fuller and grow a lot faster. My nails aren't brittle any more and I think my skin looks young (I'm 53)

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

Since I've been consuming hemp hearts (2 1/2 yrs) my hair is shiner & thicker and my fingernails grow faster and are stronger - Omega fats & essential oils)

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My skin has improved greatly - tighter and less wrinkled with 5 T a day.

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Absolutely true! I avoid these things and my skin which has struggled with acne is so much better. I have had adult acne for years and it's much better.

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I DO NOT AVOID SUGAR, STARCHES OR PROCESSED FOODS. I CONSUME EVERYTHING IN MODERATION
HOWEVER, SINCE STARTING H.H. CONSUMPTION THERE HAS BEEN AN IMPROVEMENT IN MY SKIN & HAIR QUALITY.

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My skin is now more firm, and smooth, and moist. I no longer have dry skin and only occasionally use moisturizer. My hands and feet no longer "crack" in the dry winter months. I have a painful arthritic condition and no longer take any pain medication.

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My skin is smooth, hydrated, and has elasticity. Sagging jowls are gone as are dark circles and the bags under my eyes are a thing of the past.

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I have had bouts of eczema in the past, but since I've been eating hemp hearts, the flare-ups have been markedly reduced.