

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 quite "youthful" with good elasticity. Often people do not think I am 57.

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My skin is a lot softer no cracked fingers or ~~heels~~ heels in the winter or summer.

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I have seen subtle changes in my complexion.

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

CLEARER COMPLEXION AND HEALTHIER HAIR IS HAPPENING TO ME

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

Less acne breakouts.

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

SINCE HEMP HEARTS, MY SKIN HAS BEEN LESS DRY AND MY HAIR IS THICK AND HEALTHY.

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

less outbreaks

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People say I don't look 61