

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:

DEFINITE RESULTS NOTICED WITH MY SKIN - PLUMPER AND SMOOTHER (FACE). ALSO NOTICED A DECREASE IN THE OILINESS OF MY SKIN.

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

My hair is lustrous & my skin is very elastic

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SKIN & HAIR GREAT! BETTER THAN BEFORE HEMP HEARTS.

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

Skin looks great & hair is healthy & shiny.

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Skin & hair are better on Hemp hearts but the biggest improvement for me is that I rarely have had to take my arthritis meds after a few weeks on Hemp hearts. Not really as stiff in the morning.

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healthier looking and feeling skin.  
No longer dry skin.

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

very good condition

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I'm 49 years old... and I was asked to show I.D. to ~~purchase~~ purchase liquor a couple of months ago. My hair is long + Full... I get lots of compliments on it.