

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 noticed my hair is healthier and less breakouts on my face.*

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*The health of my hair has improved, have always had good skin so am maintaining that. My friends say I never 'age'.*

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*Hair & skin better when consuming hemp seeds.*

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

*My skin doesn't seem as dry as it once was.*

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

My body overall feels healthier, my skin is softer and my hair is strong, as are my nails

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

no more acne

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Using Hemp Hearts plus a vegetarian diet has probably arrested my sun damaged skin.

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