

**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:**

Living healthfully from inside, including consuming hemp hearts, shows on the outside. Years of battling with acne have now ceased. My skin is clear, clean and radiantly healthy.

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LESS DRY SKIN

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jam firmer, and my hair and nails are much stronger

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EAT MY BODY IS EXTREMELY FLEXIBLE FOR 57 YEARS. TAI CHI CERTAINLY PLAYS A MAJOR ROLE IN THIS, BUT DIET HAS KEPT MY SKIN SUPPLE AND ELASTIC

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

my hair has really changed it is so soft & healthy even my hair dresser has mentioned it & my skin is also much better not so dry

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do notice very shiny hair - better skin

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The fact that I feel satisfied + don't have energy fluctuations reduces cravings for all junk + unhealthy foods.  
My skin is no longer dry in the winter months.

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

I have noticed my skin is looking better since I've started eating Hemp Hearts  
I love them & eat them any time of the day!

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