

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:

Since using Hemp Hearts my skin has cleared up:
No more zits!

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

Skin + hair condition improved
Scalp not itchy and dry skin patches gone.

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

Everyone says I look about 10 years younger than I actually am so it must be working.

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

Yes - hair less fuzzy (my hair dresser noticed)
less wrinkles

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- I have noticed interesting changes as far as my body tissue are concerned
- ① A blind pimple on my leg which had been there for several years disappeared.
 - ② Gum problems have plagued me for years and now my gums are firm and much healthier.
 - ③ My hair which was thinning has filled in this past year.

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I have noticed my hair so much more shiny and my skin has a youthful glow to it.

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Really couldn't say regarding inflammation. I noticed very quickly my hair + nails grew and got thicker.

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

Same as above!