

**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:**

Our skin is shinier as are nails & hair.  
They grow back much faster too.

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My skin has not been as dry, or required as much lotion since I have been consuming HH regularly.

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I used to have a dry skin problem, but yes, I have noticed my skin has a constant smoother/more moist feel to it. I am 46, and often am told I don't look my age.

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Skin & hair conditions are definitely less dry

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-psoriasis much improved-

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

I do look + feel healthier

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

A dramatic difference is noticed in the skin and hair. The skin and hair seems to have a more vibrant glow and feels more moisturized and healthy.

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

Hemp hearts (+ oil) definately improve the look + feel of my skin + hair. I not only eat them, I rub the oil in my hair + on my skin (I'm 48 + most who meet me think I'm in my early 30's)