

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 is so healthy looking and feels soft and wrinkles are few. My hairdresser always says my hair is so healthy and I attribute that to the good quality of hemp hearts that I get.

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my skin + hair looks great, inflammation really depends what you eat on the side, if healthy food choices, not many problems of inflammation.

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I have had comments on my skin from total strangers.

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I believe it definitely helps.

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I have less pimples.

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MY SKIN & HAIR HAS IMPROVED

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I (female) am often complimented on my radiant skin and hairdressers ALWAYS comment on my healthy hair.

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My skin and hair (still brown, no grey) are excellent since eating hemp hearts. It's a good way to avoid inflammation which doctors now agree is linked with cancer/heart disease.