

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 condition:

My sister stated that

"You look younger" and I believe it has to do with the Hemp Hearts

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Skin seems to less dry, and hair condition keeps strong and healthy.

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Hair + skin very good. Do not need to shampoo my hair everyday which is good because shampooing strips hair of its natural oils

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I am pleased with ~~my~~ my skin & hair condition

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My skin is pretty good for my age. I am going to be 85 in October.

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my skin is good for a lady of 76 years and my hair seems to be in better condition

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SKIN AND HAIR ARE MUCH SOFTER.
HANDS - FEET NO LONGER PRON TO CRACKING.

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SKIN FEELS BETTER AND LOOKS HEALTHIER - BY PEOPLE'S COMMENTS.