

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:

Skin & Hair are the best they've been in years since taking Hemp Hearts.

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My skin looks and feels great!  
A recurring hand rash (perhaps wheat allergy?) has all but disappeared.

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Our skin are supple + comfortable.

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shiny hair, skin is not dry when I use H H

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When I eat hemp hearts regularly, my hair is softer + grows quicker and my nails are stronger.

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my hair + skin is much shinier + smooth  
since starting with h.h

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SKIN + HAIR appear very healthy

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YES - I HAVE NOTICED THIS