

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:

Eczema on hands has almost disappeared.

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

I noticed when I was eating sufficient Hemp Hearts every day the my hair was more manageable & not so dry & my skin was more soft & smooth than when not eating them.

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

My skin is much softer when eating H.H. (my grandkids will sit on my lap & run their hand up & down my arm being relaxed!)

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

nice skin hair

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

I believe my hair + nails grow faster & are stronger than before I used hemp hearts.

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

My skin is beautiful now. My hair shines.

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

I have experienced better skin - not dry and finger nails stronger, hair is strong & healthy.

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I agree. Inflammatory problems are not significant in my case. I do find skin hair & nails ^{condition} improved over last 2 years.