

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:

my skin seems softer not as wrinkled as it was. It is not as dry.

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

I NOTICE MY SKIN IS NOT DRY AND MY HAIR SEEMS HEALTHY AND SOFT.

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

SKIN IS SMOOTHER + BLEMISH FREE.
HAIR SEEMS LESS GREASY + SOFTER.

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

I have always suffered from rosacea on my cheeks, since changing my lifestyle, I have noticed brighter skin with less redness.

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I am convinced using HH maintains my youth looking skin and is good for my hair (grey)

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I am menopausal & my skin is definitely more supple than friends in the same stage of life

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

better skin + hair!

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

Improved