

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:

I believe Hemp Hearts help me maintain good skin & tissue health.

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ELASTICITY OF SKIN HAS IMPROVED

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- SKIN MUCH SMOOTHER -

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

I am often admired what good skin I have  
~~but~~ my age and think it is more what  
I eat than what I put on my skin

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*I'm still looking good & feeling great - H H are a part of this for me... no doubt.*

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*I DO NOTICE REDUCED INFLAMMATION AND MY SKIN IS CLEAR.*

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*skin is soft like a baby's + my hair is thick + fast growing.*

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*At my age (63) I don't expect to regain the suppleness of a younger person, but feel good for my age.*