

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:

IMPROVED SKIN & HAIR.

MORE SUPPLE SKIN FOR MY AGE.

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There has been a ~~to~~ change in my hair & skin condition

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

MY SKIN LOOKS LIKE SKIN OF
A 45 YEAR OLD — NO GREY HAIR!!

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

I feel my skin and hair are in good condition. My hair dresser tells me my hair grows very fast and I require a hair cut every 3-4 weeks.

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

my hair seems to be healthier & shinier & my nails are harder.

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

My skin is much smoother & clear. My hair is a lot more controllable.

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

MY SKIN SEEMS TO BE CLEAR AND SMOOTH
MY HAIR IS HEALTHIER ALSO.

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

Healthy skin & hair