

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 is healthy and clear, hair is strong & shiny.

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

MANY PEOPLE THINK IM 10 YRS YOUNGER THAN I AM. I HAVE NO WRINKLES AND MY HAIR IS THICK & BLACK

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 is elastic & youthful - about the same as an average 40-45 year old.

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:

Cleaner Skin and thicker hair

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

People dont believe I am 78 yrs old.

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

People say I do not look my age, most people think I am 10 years younger (than 73). Regarding improved tissue health, I believe this applies to me.

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

I believe that H Hearts keep my skin more moist and also that my hair (normally very fine) is thicker.

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

Healthy skin

6. After consistently using hemp hearts my skin tone improved – and I find that if I suffer any minor cuts or bruises , I seem to heal faster. I do have a healthy, full head of hair which I inherited but I believe the hemp hearts have helped to maintain it.