

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:

we're told we have wonderful skin & healthy hair

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I am told my skin & hair are in excellent condition for my age. I have no trouble with either; again thanks to Hemp Hearts.

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I do not have any tissue inflammation and my hair stems healthy and shiny. I am & remain blonde without any gray hair. I do not experience or have very little dry skin. At my age skin will flake off - a natural process I believe

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I do not crave sugars or starches when I eat hemp hearts. My skin is clear & my hair shiny & long.

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Hair is healthy, shiny, skin is good as well.

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I recently broke my leg and was in hospital for several days - had several positive comments from staff re my complexion & that I didn't look my age.

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People always comment on how good my skin looks & how I don't look my age.

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Both my skin & hair have improved since I started eating the HEMP HEARTS