

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 find when I use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflammation and we have very healthy skin and hair condition.

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

My skin is better & my hair is healthier.

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With the use of Hemp Hearts, my hair remains thick & has a natural shine. My skin, face especially, remains soft with very few lines. I have no facial wrinkles which my some of my friends envy.

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

Every time we are in the sun a fair amount of time, our skin is in very good condition. Less wrinkles than most people our age.

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

I do HAVE HEALTHIER HAIR & SKIN.

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

I SEE A GREAT IMPROVEMENT IN MY HAIR AND MY SKIN WHEN WE TAKE IT REGULARLY.

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

My skin + hair are very healthy & I am often told I look a lot younger than my age.

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

I noticed a difference with hair and skin.