

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 have no problems with skin or hair - both healthy with few wrinkles & comments by others that I do not look my age.

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My skin condition is excellent for my age.

We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.

Please describe your experiences regarding digestive health and Hemp Hearts:

The cleaning power of these seeds is amazing, being nutritious and working as a broom. This effect gives a status of feeling younger and the skin looks much smoother.

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

The addiction to the sweet snack is almost over. The skin and hair looks much healthier.

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

MY SKIN ~~IS~~ FEELS HEALTHY. BEFORE MY LIFE CHANGE OF 6 YEARS AGO I WAS LOOSING MY HAIR. ~~SEVERE~~ SINCE THEN IT HAS STOPPED FALLING OUT AND IS ~~STARTING~~ GROWING IN THOSE AREAS.

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We have clear skin
& healthy shiny hair

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My friends and colleagues at work have noticed I look healthier.

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I feel H.H.'s have helped my hair as I was losing a lot prior to taking them. Also my skin is in very good condition. I am 67 and usually am not taken for a senior.
