

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 am 67 years old so and my skin is pretty elastic,

Please describe any internal changes experienced relative to pain and tissue inflammation:

People tell me I look much better, my skin has lost the pale & sallow look. My hair is fuller & has more body. ~~It's~~ ^{I'm} not losing it like I was before ^{the} hemp hearts.

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

Help to keep my skin and hair from being dry.

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

my ~~skin~~ SKIN IS MUCH HEALTHIER ; I NOTICED THE EFFECTS AFTER 2 WEEKS

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

skin + hair very healthy

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

My elbows, knees and feet were very rough and dry but are very soft now.

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

SOFT SHINY HAIR WITH ALMOST NO GREY.
PEOPLE ARE SHOCKED WHEN I SAY I AM 55.
NO WRINKLES OR SAGGY SKIN. SHARP, CLEAR EYES
WITH NO CHANGE IN LENGTHS FOR YEARS.

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

My health has improved since using
Hemp Hearts. Skin has good color & feel,
hair also improved -

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

I've got compliments on my complexion since I am consuming
these grains every day. My hair is stronger and shiny.
