

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 do not seem to have dandruff like I used to.*

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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 my hair & nails grow very quickly*

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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 clear and my hair is shiny. I look very good for 67 yrs.*

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

*Skin and hair are healthy - no problems.*

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

*Hair & skin in better shape*

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

*Hair & finger nails are definitely in better shape.*

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

*ALOT BETTER. THE SKIN IS GREAT.*

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

*1. The skin on my face looks healthier and my arms & legs have fewer blemishes*

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

*YES, I BELIEVE MY COMPLEXION IS SMOOTHER & BETTER.*