

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 HAVE HEALTHIER HAIR & SKIN.

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

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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:

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:

Skin -- clear and smooth -- Hair shiny, grows quickly.

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I agree with this claim based on my own experience.

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

My skin and hair and nails are very healthy. I have a group of friends who are 5-7 years younger, and I look as young or younger.

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

Your claim makes good sense for everyone.  
My skin & hair remain youthful - no problems

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

When I'm taking my Hemp Hearts I have friends & people who comment that my skin looks much younger than my age. I know this is due to the Hemp Hearts. It helps <sup>keep</sup> my hair shiny.

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