

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 skin condition and easy manageable hair is contributed to my eating Hemp Hearts each day. The elasticity of my skin takes 10 yrs off my looks - my friends tell me.

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

Experienced healthy, smoother skin and hair - softer, shinier.

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

I HAVE CLEAR SKIN AND FULL HEAD OF BLONDE HAIR (I REPEAT, I AM 75 YRS+) I SUPPORT THE STATEMENT THAT THE SUPPORT OF HEMP HEARTS IS DRAMATICALLY RESPONSIBLE

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

Maybe healthier skin & hair - less dry. I think my facial complexion is better too - fewer bumps or blemishes. I used to get a puffy face sometimes when I ate the wrong foods & this seems to have diminished in the last 3 months.

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

I have no problems with my skin, hair or wrinkles.
I honestly believe this product has kept me young & healthy.

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Changes in my skin and hair is - The skin is not dry and the hair is nice and shiny.

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my hair's nails seem to grow more quickly than usual.

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

I feel that my hair is shinier and healthier since beginning to eat H. Hearts every morning. I sometimes put H. Hearts in my blender drink or in a porridge made of ground flax seeds.
