

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 don't seem to get skin rashes. My hair is very healthy and shiny.*

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*For my age I have good skin a my hair is strong.*

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*My hands were fairly rough all the time but seems my skin is fairly improved from earlier years. I have had a fair amount comments as to how soft the skin is on my face. My hair & skin conditions seem to be improving all the time*

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

*Skin & hair seem to be better than before.*

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HAIR AND NAILS GROW FASTER

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

Full head of hair  
Still blond after all these years  
Minimal wrinkling,

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I HAVE LOST HAIR - DON'T THINK THAT'S COMING BACK BUT MY  
SKIN IS CERTAINLY LESS DRY

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For sure, my hair has improved; and skin  
is healthier-looking.