

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day. Please describe your weight control experiences with Hemp Hearts:

one can easily lose weight on hemp hearts and vegetables (raw), and still feel great and look good, even your skin changes on your face, and you look a life different.

Hair and skin are in excellent shape.

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 never knew this but when I think about it I have noticed that my hair & skin do seem better.

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

My skin glows & my hair is very healthy.

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

Consuming Hemp Hearts and avoiding sugars, starches and especially processed foods, keeps me healthy. My hair and skin also benefit from this wonderful food.

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

I find when I do use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflammation and we have very healthy skin and hair condition.

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

Well, I still have all my hair (no bald spot) It's quite thick & still brown, except on the temple (sideburns). As far as I know, tissue health appears to be good. The body's ability to produce collagen, a component that contributes to the health of skin, hair & nails, reduces with age. Hemp Hearts appear to contribute to the production of collagen in the body which helps to retard the aging process of the skin which maintains tissue elasticity, etc. This process may not be scientifically verified.

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I don't have tissue inflammations, so don't notice any changes. However, I do notice my fingernails are stronger and less brittle.