

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 ~~and hair~~ is better - not so dry, and my ~~hair~~ hair is thicker + shinier when I take hemp.

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yes, improved skin

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skin is not as dry & hair is shinier
Nails are strong & grow longer!

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Skin + hair much better condition.

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MY HAIR IS THICK AND HEALTHY, AND MY NAILS ARE NOT PEELING LIKE THEY WERE BEFORE.

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My skin has become much clearer since a change in diet which includes the consumption of hemp hearts

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I have no complaints - my skin & hair seem to be very healthy, clear complexion, shiny hair!

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I concur especially regarding hair condition