

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:

PEOPLE SAY I LOOK MUCH YOUNGER THAN MY YEARS OF LIFE. MY HAIR AND NAILS GROW AT A VERY FAST RATE. MY HAIR STILL RETAINS A LOT OF COLOUR ON TOP, WITH GREY AT BOTTOM. THE REVERSE (GREY ON TOP WITH OWN COLOUR AT BOTTOM IS NORMAL)

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

My hair and skin is healthy

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I get many compliments on my grey/white hair. My facial skin has firmed up in the last couple years.

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

Our hair, skin, finger nails are all shinier and grow back faster since eating hemp hearts.

The color of our hair is also darker

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Skin & hair are not as dry - noticeable difference particularly now in the winter.

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

My skin looks fresher.

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

My hair has turned darker
My skin is excellent

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

Skin and hair are in excellent condition.