

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 feel my skin and hair has improved and has made me look younger.

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

Hair less dry
Skin improved - less dry

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YES, MY OILY + SOMEWHAT PIMPLY COMPLEXION HAS BEEN IMPROVING. MY FLEXIBILITY CERTAINLY CONTINUES TO IMPROVE IN MY YOGA PRACTISE.

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My skin & hair has a better glow and shine I must say.

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We both have bouts of acne once in a while & both have eczema & it all cleared up. If you have warts on your fingers it clears those up too

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My hair seems to grow faster & my skin is good

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yes my face does feel smoother.

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I am following a good preventive lifestyle, energy water, ionic spas, saunas, etc. Diet is a part and hemp hearts are a consistent addition. My skin is improved in the last couple of years