

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 now has very little acne, which I've suffered from most of my life, I've noticed that my hair seems healthier & thicker. I didn't know that this could be a benefit of taking hemp hearts. Bonus!!

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My skin & hair are great, younger & brighter looking.

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My skin is not as dry as it used to be. Much nicer. My hair used to fall out. Every time I combed or brushed my hair I was losing hair and starting to get worried about maybe going bald - and my hair was dry. Thank God + Hemp Hearts all is well now!

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Skin + hair - All show changes for the better. Skin is clearer + hair is thick + glossy.

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EVERY YEAR I AM A LOT LESS SAGGY
YEA H H! I ALSO HAVE GREAT HAIR.

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My hair is so thick & shiney (sp?) that I've quit dying it and get compliments on the silver sparkle.

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My skin is more supple & soft. I think my hair is growing faster. I know my nails are for sure.

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H. HEARTS HAVE HELPED ME TO SERIOUSLY REDUCE INTAKE OF SUGARS + STARCHES - THIS NOW SHOWS - MY FACE SKIN IS CLEAR, NOT PUFFY & MY HAIR IS STILL THICK & COLEY (I'm 71).