

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 condition:

I definitely have reduced inflammation as I have osteo arthritis, skin is good and hair grows like crazy.

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

my skin is clear and youthful with very satisfactory tone. My hair is very shiny and has good body.

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

My skin & hair have improved substantially since starting on Hemp Hearts

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

Healthy hair and skin + nails!

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

Skin & hair is healthier.

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

Our hair & skin have become very healthy.

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My friends, family as well as my Doctor tell me I look much younger than my 66 years. They also tell me that I just don't age. My hair is shiny, my skin is soft with no dryness to either.

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my skin is not dry anymore, my nails don't split into layers and grow fast. I have gray hair, but lately have noticed more of my old color coming back. It also grows fast.