

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 experience is that my daughter mentioned I was less gray-haired and I've noticed my skin is not dry. my nails grow strong & hard no splitting or cracks

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Wow - never thought of this, but now that you ask - being 68 skin naturally ages - so I haven't taken note of my skin, but my hair is shiny and thicker and I have longer thicker finger nails than I've ever had.

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a lot of people do not think I am anywhere near the age I am. my hair grows quickly & is healthy. my face I've been told looks 10 years younger.

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skin dry no longer. hair full in good condition

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My skin is lovely (with exception of radiated area where it is v. wrinkled and red lined, but v. smooth & soft) - Remember Arthritis (costes) is controlled.

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The chemotherapy was harsh but now people often remark how well I look.

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This is where I have noticed the most improvement. I used to have flaky skin with oily areas + dry areas. Now there is more balance. All over my skin is way less dry + my hair is much softer all the way to the ends.

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I have noticed my skin and hair looking much healthier. Especially since I am breast feeding which can affect skin + hair negatively.