

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 experienced a healthier looking and glowing skin and hair.

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As for external changes - my skin has improved considerably as I do have eczema.

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I do not need to use a moisturizer on my face for the most part. I do need to use moisturizer in the winter.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Skin seems to be denser.

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I have noticed a great reduction in ~~the~~ skin problems. I had a problem with acne but this is virtually gone!

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I am over 60 years old, and my skin looks good and hair is healthy + good nails

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my hair has more body and grows faster, fingernails are healthier, my dentist says I have very healthy gums.

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Skin is much smoother and hair is amazing. I have long hair and still shiny and healthy and I think hemp and salmon helped in that.

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THIS IS THE BENEFIT OF HEMP HEARTS + WITH I STARTED USING THEM. I USE TO GET A LOT OF CRAZES AROUND MY FINGER NAILS ESPECIALLY IN THE WINTER, BUT THIS CONDITION HAS DISAPPEARED SINCE USING THE HEMP HEARTS.

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Exema is better.