

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:

skin is smoother and hair is less dry.

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- I HAVE NOTICED TISSUE HEALTH
- " -

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I have very healthy Hair and Skin.
at 66 almost 67, I don't have any wrinkles
on my face. my skin is very good. People
comment how smooth my face is. No wrinkles

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It seems to improve tissue condition.

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

I do have rosacea? red blotchy cheeks a scottish thing I'm told. It used to be way worse but has cleared up considerably in the last couple of years.

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

My skin & hair have both improved -
Skin no longer itchy.

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

Both my skin and hair are firmer & hair loss has
stopped.

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

Healthier skin & hair.