

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 is good, my hair has really improved (I also use hair oil to stop the "dry frizzies"). It would make sense that the hemp is helping here.

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Most people cannot guess my age - usually taking me for up to 10 yrs younger.

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I think our skin has improved.

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

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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 & CURLY (I'M 71).

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I HAVE NOTICED THAT MY SKIN IS NOT SO DRY AND
IF I SUFFER A CUT OR ABRASION THAT I SEEM TO
HEAL FASTER

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

My skin and hair have been
so drastically changed. I look
at least 10 yrs younger.