

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:

Experience little tissue/joint inflammation. Am  
often told I don't "look my age."

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

Skin is not dry since using hemp hearts.

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

Better skin tone, hair shinier.

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

we do not look our ages 65 + 75

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

Skin + hair are normal. I am 63 years old and nobody believes my age they always guess about 48-50.

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

I have found this to be true

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

I have healthy hair and skin.

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

MY HAIRDRESSER COMMENTED RECENTLY THAT MY HAIR IS SO HEALTHY CONSIDERING I AM IN CHLORINE WATER SO OFTEN WITH THE AQUA FIT CLASSES. I THINK MY SKIN LOOKS HEALTHY TOO.