

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 discovered hemp hearts 3 years ago. During that time I have had a thyroid condition - that has alternated from hypo to hyper thyroid, with loss of hair and dry skin. Now my hair is silky smooth, thick, and full. My skin is clear, supple and youthful.

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Most people think I am in my 60s instead of 75, my real age!

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For years I have had a rash inside my hands that would flake up on and off. It is finally gone and the skin appears to be softer. My hair and nails are in good condition.

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The hemp hearts keep me from craving sweets etc. People tell me I look <sup>alot</sup> younger than my years because the hemp hearts make my skin healthier looking & my hair is really nice & full.

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I have smooth, dewy, healthy skin and at age 63 am often complimented on its condition.  
My hair is lustrous and thick.  
I note improvement in 2 small psoriatic rashes.

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Many people commented on how good I looked - asked what I was doing

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My skin is not as dry as it used to be. Much nicer.  
My hair used to fall out. Every time I combed or brushed my hair I was losing hair and starting to get worried about maybe going bald - and my hair was dry. Shark Red + Hemp Hearts all is well now!

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They must be good.  
A lab technician commented about my lovely skin. She wondered what I use. I said only soap and water!