

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 never focused on this but as of late I have received comments on my facial tissue, as well, my husband has mentioned that in the last few years I have ~~lost~~ some facial lines.

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MUCH BETTER

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my hair has regained its old shine since I started taking hemp hearts.

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My hair is so thick & shiney (sp?) that I've quit dying it and get compliments on the silver sparkle.

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Always had acne, now only the rare occasion

7/20/19

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*My hair and skin are fine. I do use
Hemp Shampoo and conditioner as well.*

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*My skin is quite youthful looking, especially
on my face.*

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

My skin seems to be healthier & not as dry

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

*Skin & hair will show changes for the better.
Skin is clearer & hair is thick & glossy.*

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

*Hair seems to be thicker & more curl.
Skin looks usual - old! - but with
a healthier skin.*