

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 looks healthier - great natural color.

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

We both have good skin & hair conditions

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

My skin is naturally softer and not so dry.

Please describe any internal changes experienced relative to pain and tissue/inflammation:

✓ He normally has dry skin but no longer thanks to hemp hearts

I have been using hemp hearts for about three years. My decision was based initially on the content of the essential fatty acids and the hope that the product would help in regulating my blood sugar. Being prone to low blood sugar attacks, I have found that consuming five tablespoons to hemp hearts daily, as prescribed, keeps my blood sugar much steadier giving me the necessary energy to get through the day successfully. At times, when I feel the need for a boost a small piece of a hemp bar does the job nicely. Digestion wasn't a consideration and isn't a problem.

As someone in the over 60 crowd, I haven't any diagnosed health problems. My weight is under rather than over and there is no problem with my blood pressure. My hair is considered very healthy by my hairdresser and my skin, while clear has always been and still is considered dry rather than oily. I can't say how much these conditions are or are

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Being a sufferer of Exema: Dermatitis (around my nose chin & forehead)
I have noticed a significant change in my complexion for the better since my steady use of Hemp Hearts

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Both skin and hair conditions are good.
Have been told I look much younger than I am.

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As a hairstylist, I have noticed the good health of my hair, I color & style, regularly. My skin also seems not to be as dry as normal.