

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 have maintained weight with less effort - skin elasticity is good, nails have grown, hair has always been healthy

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Hemp Hearts are a daily necessity for me. They are like water to me, I have to have them every day. My skin is smooth, my hair is great!

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

Hair is shiny and healthy. also manageable
Skin soft and smooth.
also nails have improved 100%

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MY SKIN FEELS SOFTER
AND I STILL HAVE HAIR!

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An immediate effect for me was that I no longer was dependent on hand cream to soothe my hands.

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I have strong nails, healthy hair, good complexion and better stamina when ingesting hemp hearts consistently.

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Hum! Yes I have - I had a rash (?) on my head and it is no longer there.

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I believe This is True in our case.