

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 seems healthy & my complexion is no longer blotchy. I haven't noticed all that much but other people have complimented my skin.

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Skin + hair feel healthy.

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

My skin is softer & looks healthier.

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

I think I look + feel much better by being on the hemp hearts my skin is much softer + my hair is easier to manage.

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True true. I have been told over and over that I have beautiful skin!

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I am 54 years old and I ~~am~~ have less wrinkles than someone in their forties. In fact I do not seem to be getting any new wrinkles!

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my ROSACEA HAS MUCH IMPROVED SINCE USING THE HEMP HEARTS.

I WAS HAVING ALOT OF TROUBLE BUT NOW VERY VERY LITTLE PROBLEMS WITH IT. MY FACE IS SO MUCH CLEARER.

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good hair + skin health