

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:

*Skin seems to have more elasticity + inflammation in tissues reduced. (Never thought about the hair,) does seem shiny + silky.*

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*Skin and hair are less dry.*

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

*My skin is not dry and flakey and I have no dandruff. People do not believe I am 75.*

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

*I find my skin is not as dry as it used to be. Less flakey skin in winter.*

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I haven't yet taken on the dietary restrictions (grains, starches, sugars - though I avoid processed foods). So - haven't seen a great change. Small improvement to skin and hair, due probably to omega-3 content.

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Everyone says I do not look 90 years old - more like 70. I have a full head of white hair in good condition.

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My skin has a very healthy glow. Hair always has been thick and shiny so haven't noticed a difference there.

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

Hair & skin remain elastic & supple.

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