

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 hair is white and grows really fast.  
my skin is much better not flawless  
but looks not to bad.

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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 feels softer, hair is healthier

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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 hair and skin are beautiful + my nails grow for  
the first time in my life. Someone guessed my age  
to be in the mid-50's the other day. I am 69!!

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

When I don't eat Hemp Hearts my skin  
is itchy in the winter.

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

my hair & nails are growing longer, stronger and lusher. The inflammation at the back of both my hands minimized incredibly.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

One change I have noticed is that my blood vessels are fatter and it seems to make taking blood for health tests easier.

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

Skin is improved with the hemp hearts as well as hair from the omega oils. My husband has found he has got rid of psoriasis. Rose.

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

Skin is softer & hair is thicker & shiny.