

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 am not as dry as usual during winter months when taking hemp. My skin doesn't flake.

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This looks like a better program to me, I have noticed by using hemp hearts, and eliminating sugar, white flour, white rice, processed foods, less dairy that my skin is less dry, ~~no~~ no blemishes and hair is healthy & shiny.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I'm an over 50 y.o. woman - very active with 2 children (pre-teen), work full-time and exercise regularly. I take 4 heaping ~~4~~ tablespoons hemp hearts each morning with fruit and enjoy energy it gives me. People frequently tell me I look younger than my age. (used hemp hearts for last $3\frac{1}{2}$ -4 years) & want to continue!

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

My skin & hair is much softer.

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

My skin looks great. If I have cuts or bruises I heal pretty fast. Hair has also improved. I used to have thin or fine hair but it looks better now.

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

My hair and nails are growing like wild. But the most amazing thing is that cuts, bruises, even sunburn heals almost instantly!

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

My skin is in good condition
& my hair is very healthy.

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It's getting better than it was! :-)
