

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:

- LESS Dry skin + Hair

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My skin seems to be clean & healthy, a reflection of a good working system.

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Yes - my skin is lovely and my wrinkles are disappearing, and so is my grey hair. The raw foods, hemp hearts, and lack of processed, cooked, starchy foods all contribute to these amazing changes!

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I have reduced inflammation in my feet. I have been told I am looking younger.

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Last fall when I'd been taking hemp hearts with breakfast for a few months, my hair was growing. Lately, after several months of not having them, I've been noticing I lose hair easily. It's thinning and shorter. I couldn't figure it out. My skin is drier and I'm not as loose or regular as I was then. Filling out this paper brings it all together and I know I need to get back on those delicious breakfasts.

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hair and skin is improved and I have lost weight.

Please describe any internal changes experienced relative to pain and tissue inflammation:

- My waist size reduced one waist size
- My hands had swelling and soreness at the finger knuckles. Prior to using Hemp Hearts, this is now gone.
- Small flat warts have disappeared from my hands.
- I do not experience dry skin conditions

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I have not thought of that, and you are right. I do have healthier, looking skin.