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 noticed a difference with hair and skin

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 is better & my hair is healthier.

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 find when I ~~do~~ use Hemp Hearts I do not have to use sugar on my morning cooked cereal, and do not have problem with tissue inflamation and we have very healthy skin and hair condition.

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 SEE A GREAT IMPROVEMENT IN MY HAIR AND MY SKIN WHEN WE TAKE IT REGULARLY.

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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:

SOFT SHINY HAIR WITH ALMOST NO GREY.
PEOPLE ARE SHOCKED WHEN I SAY I AM 55.
NO WRINKLES OR SAGGY SKIN. SHARP, CLEAR EYES
WITH NO CHANGE IN LENSES FOR YEARS.

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

People tell me I look much better, my skin has lost the pale & sallow look. My hair is fuller & has more body and I'm not losing it like I was before the hemp hearts

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

2 full H.H.'s have helped my hair as I was losing a lot prior to taking them. Also my skin is in very good condition. I am 67 and usually am not taken for a senior.

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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.