

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 HAIRDRESSER COMMENTED RECENTLY THAT MY HAIR IS SO HEALTHY CONSIDERING I AM IN CHLORINE WATER SO OFTEN WITH THE AQUAFIT CLASSES. I THINK MY SKIN LOOKS HEALTHY TOO.

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 DO NOT AVOID SUGAR, STARCHES OR PROCESSED FOODS, I CONSUME EVERYTHING IN MODERATION  
HOWEVER, SINCE STARTING H.H. CONSUMPTION THERE HAS BEEN AN IMPROVEMENT IN MY SKIN & HAIR QUALITY.

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 have thin hair but the hemp has made my hair fuller and grow a lot faster. My nails aren't brittle any more and I think my skin looks young (I'm 53)

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

- I receive compliments quite often on how young I look. People think I am much younger than I am. My hairdresser tells me that my hair is in really good condition.

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

my hair has more body and grows faster, fingernails are healthier, my dentist says I have very healthy gums.

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

Skin is much smoother and hair is amazing. I have long hair and still shiny and healthy and I think hemp and salmon helped in that.

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

I am over 60 years old, and my skin looks good and hair is healthy + good nails

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

Since I've been consuming hemp hearts (2 1/2 yrs) my hair is shinier & thicker and my fingernails grow faster and are stronger. - Omega fats & essential oils)