

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:

IT DOESN'T KEEP THE WRINKLES AWAY BUT MY SKIN IS CERTAINLY HEALTHY. MY HAIR IS WHAT I'VE NOTICED - THICK & GROWS RAPIDLY - FIRST TIME FOR ME. NAILS GROW RAPIDLY ALSO BUT HASN'T TOUGHENED THEM UP.

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The chemotherapy was harsh but now people often remark how well I look.

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This is where I have noticed the most improvement. I used to have flaky skin with oily areas + dry areas. Now there is more balance. All over my skin is way less dry + my hair is much softer all the way to the ends.

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Actually - hair + nails are great !!  
- I have always had good skin, so I haven't seen this yet.

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I have natural curly hair ~~with~~ which tends to be dry at times. Since using hemp hearts I no longer have this problem.

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at 63 I still have a good hair cover compared to the rest of my family bald at my age & experience no skin conditions

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skin dry no longer hair full in good condition

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Even though I buy my hair my hairdresser says what good condition my hair is in - soft, healthy, etc. I have naturally curly hair which tends to be dry - ~~not~~ any more