

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 HAVE HEALTHIER HAIR & SKIN.

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

Both my husband and I have healthy skin and hair. We do not look our age. My husband @ 72 has a full head of grey hair and I at 64 have healthy, thick hair.

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

Full head of hair  
Still blond after all these years  
Minimum wrinkling,

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

Since I am taking hemp hearts, my very fragile, thin hair in front got thicker and is not so dry. My hairdresser also noticed the improvement of my hair condition. I am very happy about that - my main reason to stick with the hemp hearts.

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

For my age I have good skin & my hair is strong.

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

My skin glows & my hair is very healthy.

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

For sure, my hair has improved; and skin is healthier-looking.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

one can easily lose weight on hemp hearts and vegetable (raw). and still feel great and look good, even your skin changes on your face, and you look a life different.