We advise customers that Hemp Hearts should be eaten for breakfast with unblended raw fruit and vegetables (no fruit for diabetics) so that the long fibers in these foods will knit wastes together to ensure that individuals are not too loose, but that they clean out thoroughly.
Please describe your experiences regarding digestive health and Hemp Hearts:

I eliminate more often + don't feel bloated,

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am in general very "regular".
I have however been able to substitute hemp heart protein in Place of dairy + pork which has reduced flatulance. (In fact virtually eliminated it)

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Please describe your experiences regarding digestive health and Hemp Hearts:

Seems to work for me. I also find I don't get bloated when hemp hearts are in my diet. Very regular, no constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

- I HAVE EXCELLENT DIGESTION. MY STOOLS ARE SOFT AND I'M VERY REGULAR.

H7007

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Please describe your experiences regarding digestive health and Hemp Hearts:

I AM MORE REGULAR EATING HEMP HEARTS + HAVE LESS GAS PROBLEMS

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Please describe your experiences regarding digestive health and Hemp Hearts:

Our digestive systems are working great. No constipation or diarrhea. Hemp Hearts Work!

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

My husband doesn't have the heart burn he used to have.
I am less constipated

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Please describe your experiences regarding digestive health and Hemp Hearts:

I certainly have noticed that I clean out thoroughly on a regular basis, altho I didn't have a real problem my stool is much larger but comfortable