

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:

When I don't take my HH I am constipated.
When I take them I'm not. That's what I know
for sure.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

my most serious concern was
constipation and that is improving
with continued use.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have no more constipation and have regular
every day B.M. which I did not have before.

(this was my biggest problem)

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Please describe your experiences regarding digestive health and Hemp Hearts:

This is the main reason I take Hemp Hearts.
I eat 5 tea spoons with yogurt for breakfast everyday.
It makes a lot of difference. I also have a small, small
bowl of cereal. My digestive health is normal now.
Thank you.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Fantastic - regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Digestive systems works beautifully when eating 5T. in morning. Not loose but cleans out wastes really well.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Until I had hemp hearts I suffered daily with bowel problems. I would not stop taking this product.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This is where Hemp Hearts has truly been a health saver for me. I have struggled with constipation all my life and now I am regular almost on a daily basis.