

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 usually have mine with Red River Cereal - a bit of fruit - cottage cheese yogurt in the am - I am definitely regular with bowel movements and the hemp hearts make a significant difference

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 have ~~cereal~~ cereal with my Hemp Hearts and I'm am regular as clockwork.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I take my Hemp Hearts with Bran Flakes or Oatmeal porridge and have good results

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Please describe your experiences regarding digestive health and Hemp Hearts:

Over 40 years I had a hard stool and was often constipated. Since I eat Hemp Hearts no more problems!

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They do make me regular.

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*AS LONG AS I KEEP TO 2 TO 3 TBLS. A DAY
(USUALLY ON MY CEREAL OR PORRIDGE)
I KEEP A HEALTHY REGULAR SYSTEM.*

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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:

I have had to deal with my weight for years, but I find Hemp Hearts gets my bowels going every am, I always seemed to be constipated, but now I get rid of the body waste.

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:

- Bowels more regular + easier. - wife*
- Myself → Bowels are not as loose → better formed BM's.*