

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:

My breakfast is a bowl of organic slow cooked oatmeal, topped with ground flax, Hemp Hearts, toasted wheat germ and sweetened with liquid honey. I also eat fresh fruit and vegetables (4 servings) throughout the day. My bowels work better than ever before.

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Please describe your experiences regarding digestive health and Hemp Hearts:

While I usually eat my Hemp Hearts as cereal, I still find my digestive health to be V.G.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This was my main reason for trying Hemp Hearts and have found it to be very effective. My family is prone to bowel cancer so I do all I can to promote colon health. Eating an orange with 5 tbsp of Hemp Hearts mixed with bran flakes works very well.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

Bowel elimination has improved.

I have cut back to 3 heaping tablespoons of hemp hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had chronic constipation for over 35 years. I am very regular now with my bowel movements Hemp Hearts in a 9th send as far as I'm concerned.

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I also began taking <sup>hemp hearts</sup> for constipation which has plagued me for as long as I can remember. With this added to my diet, it has been amazing... a miracle I lived on Prodiem for years. Now I only have hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I was constipated for years but since taking Hemp Hearts - no problem & I do have to have a banana or some apple sauce with them. A great laxative for me -

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using Hemp hearts for 5 or 6 years and I feel they help me. They keep me regular.