

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 very good digestion and after using Hemp Hearts, my bowels are regular daily - another plus

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One of us would tend to have constipation problems. Now, we can "eliminate" daily as functional people. No more constipation problems!

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My "waste" is no longer loose since I've been taking hemp, but rather more solid. I'm very regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

There is a definite 'positive' difference. I notice this when travelling or on vacation and do not use Hemp Hearts during that time

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I do find that my bowel movements are regular & easy when taking Hemp for breakfast. On days when I don't have Hemp I can tell the next day with harder stools.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I used "Stomach Ease" laxatives for 40 years and am totally off of laxatives with Hemp Hearts. I am as regular as can be and extremely happy.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My 8 year old grand daughter also eats Hemp Hearts for her bowel issues, and she, at 8 years old Asks for Hemp Hearts. She also knows what works.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Daily use keeps me regular, no laxatives are needed.