

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:

We both eat Hearts for breakfast along with unblended fruit and feel our digestion etc, is very good.

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I add Hemp to my bran high fiber muffin recipe. 4 tbs. per muffin. Plus a plate of Fresh Fruit. I have A+ bowel movement daily.

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my digestive system is regulated well with hemp hearts.
They are an excellent source of fiber in my diet.

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3+ tablespoons are enough that I usually have 1-2 times a day

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It works wonders, no more hard stools or no stool at all.

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I have regular, normal stools daily

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I have suffered with hemorrhoids all my life until I began using Hemp Hearts. Hemp Hearts have made my bowel movements regular and without pain or inflammation. I no longer have a problem with hemorrhoids.

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I TAKE HEMP WITH OATMEAL OR COCO CEREAL WITH FRUITS. I HAVE NO PROBLEMS WITH BOWEL MOVEMENTS