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:

My son suffers from constipation. I give him 1-2 heaping tablespoons every day or everyother day. It has helped him become much more regular & not such hard stools.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.
Please describe your experience regarding hunger and Hemp Hearts:

The doctor had prescribed Senakot for him & it just gave him greasy, oily farts.

For almost ten years we have been manufacturing and marketing a food product called Hemp Heather
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 an on-again, off-again or spasmodic user of hemp hearts.
When I use the hearts, they provide me with a great deal of energy, as well as keep my bowels regular.

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: Because of my thyroid disorder I was alway constipated not now, WOW, not so bloted either

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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 am a 55 year old female, a bit overweight + I like using the hemp seeds on yogurt in the morning. I find it a good way to keep 'regular' without using pills.

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:

SINCE TAKING HEMP HEARTS, I HAVE 3 GOOD BOWEL MOVEMENTS EACH DAY. I HAVE ADVISED 3 OF MY FRIENDS WHO WERE TERRIBLY CONSTIPATED TO TRY HEMP HEARTS, THEY DID, WITH VERY GOOD RESULTS

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:

Hemp Hearts definitely help with regular daily bowel movements and keep stools soft.

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 do not usually eat fruit + vegetables for breakfast, but now that I know it is better with the hemp hearts I may try this. As it is, with the hemp hearts, I am very constant + have no problems in that area.