

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:

Elimination improved dramatically only after 3 days.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I do notice less constipation problems.

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can't explain properly - this works though

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have great B.M. with hemp.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before taking Hemp Hearts I had a lot of trouble with constipation. I find with Hemp Hearts I am more regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I think Hemp Hearts helps ensure digestive health & regularity in my experience.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat my hemp hearts with a sliced banana over whatever cereal I have that day. If I need "a clean out" I use a bit more hearts. I have never quite got to 5 tbsps, but I am fairly small, & slim

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Please describe your experiences regarding digestive health and Hemp Hearts:

Good digestion. Very regular when taking / consuming the hemp Hs.