

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:

For me the greatest benefit of eating Hemp Hearts is that I can clean out regularly + completely which makes me feel healthier.

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 I AM SOMEWHAT CONSTRAINED AS FAR AS PHYSICAL ACTIVITY IS CONCERNED MY REQUIREMENT IN TERMS OF QUANTITY IS LESS THAN FOR A YOUNGER MORE ACTIVE PERSON. I FIND THAT THE HEMP HEARTS DO SEEM TO GUARANTEE PROPER REGULARITY.

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 keep me regular.
I love the taste of Hemp Hearts

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 keep my bowel movements regular - in fact when we travel abroad we never leave home without them to ensure healthy elimination.

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 husband always had problems to get rid of his wastes. But if he takes it in the morning in the cereal, he goes daily. I sometimes clean out twice a day and have regular bowel movements

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:

Good advise. If followed very good results, in my case. anyway.

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:

Our results for digestive health have been very positive - we would not like to be without Hemp Hearts now as - my husband in particular finally has found a relief for his persistent problem.

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:

On my Serial I take: Hemp Hearts, raw apple - Prunes Peaches, apricots, Bananas, if not fresh, I use dried Fruits. My digestion is very healthy thank to Hemp Hearts