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:

Very good advise.

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Please describe your experiences regarding digestive health and Hemp Hearts:

- no constipation in this house!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Most remarkably, I was chronically constipated all my life. Since hemp hearts - not any more. Its the first time my bowels functioned normally since childhood

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Please describe any internal changes experienced relative to pain and tissue inflammation:

I had a problem with constipation after starting Hemp Hearts. the bowel is not a problem for me now. what a change no more laxatives

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Please describe your experiences regarding digestive health and Hemp Hearts:

The thing I like about Hemp Hearts is that I'm not constipated and this is a concern because my grandmother died of colon cancer.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Yes it has helped my digestive health that I am now very regular going every morning.

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Please describe your experiences regarding digestive health and Hemp Hearts:

EVER SINCE I STARTED Hemp HEARTS, MY BOWEL MOVEMENTS ARE CONSISTANT AND VERY HEALTHY, EVEN WHEN SICK, WHICH, WELL RARELY HAPPENS NOW

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:

body functions are all okay no straining.