

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 bleeding ulcer dissapeared and feel absolutely healthy.

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My digestive system has greatly improved as I used to battle various stomach disorders as well as irretable bowel system. Hemp hearts has given me 2 years of improvement in this area and the pain-ful abdominal spells I used to have are gone. I feel

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

The relief I have gotten with my stomach and bowel disorders has been tremendous.

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- Digestion & regularity much improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I suffered from chronic constipation all my life with all the side effects, bloating, gas, headaches. I do not suffer any more since the addition of H. Hearts in my diet.

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Please describe your experiences with Hemp Hearts and any serious health condition:

Once again my serious health problem was almost not being able to eat anything without some form of discomfort. Hemp Hearts cleaned out my system, keeps it clean and I can eat almost everything again, would be devastated if I could no longer have access to Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since taking Hemp Hearts each morning I have none of the digestive problems I had prior to taking them. They work so well.

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

I now have no pain in abdomen as I did or any other symptoms that cause inflammation etc. - I did have aches here and there before but not any more. I'm free of all this - "Thanks to Hemp Hearts".