

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

Before I started eating hemp hearts I had a terrible problem with acid reflux and heartburn. I don't need to take any medication now as the problem is gone! I don't get heartburn any-

**We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.**

**Please describe your experiences regarding energy and Hemp Hearts:**

In spite of consuming less food, my energy level was much higher. I slept better, had much less (almost none) acid reflux and have not used TUMS since beginning with Hemp Hearts. My workouts at the gym finally began to show in real muscle building in spite of my age.

**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 digestive system has never been better. I finally have regular bowel movements twice a day. No loose bowel at all, just very comfortable bowel movements, in spite of my hemorrhoids. Food does not stay in my system for more than 12-18 hours.

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After the first two weeks body will adjust and digestive system healthier.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before hemp hearts I always had problems with digestion & bowels  
now no stomach problems & I go regularly

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

it digest food better and I no longer  
get heart burn.

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Please describe your experiences regarding digestive health and Hemp Hearts:

HEMP HEARTS KEEP YOU REGULAR!  
I WAS ONCE STUPID ENOUGH TO EAT FAST FOOD ONE  
EVENING, AND MY BODY LET ME KNOW THAT IT DIDN'T  
WANT WHAT I PUT IN IT! I WON'T DO THAT AGAIN!

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

My abdomen feels flatter and I have  
that healthy 'light on my feet' feel.  
Also, H. H. has regulated my bowel  
movements for every morning!