

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

As stated before no symptoms of Diverticulitis -  
No Constipation  
Much less Acid Reflux

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

Stomach cramps were the norm for me but after  
taking Hemp Hearts that is a thing of the past.

**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 health has improved to a regular  
schedule with zero stress or digestive discomfort.  
The best - wouldn't want to be without it.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

No problem with digestive health.

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

I have diverticulitis and have had no problems at all since using hemp hearts and a proper diet.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

N/A. EXCELLENT DIGESTIVE  
HEALTH

**We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.**

**Please describe your weight control experiences with Hemp Hearts:**

I found that I experienced weight loss & better digestion just using hemp hearts in smoothies. My mom & sister report the same thing to me. I lost around 8 lbs & have maintained this normal, healthy weight.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

THIS IS ABSOLUTELY TRUE!