

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 much improved! I am rarely bloated and more regular than I have ever been.

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Please describe your experiences regarding digestive health and Hemp Hearts:

No problem with digestion or elimination

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have many problems digesting proteins but hemp hearts give me no problem at all. The fibre is excellent for regularity.

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

HEMP HEARTS HAVE BEEN VERY VERY HELPFUL. WITH REGARDS TO MY BOWEL HEALTH.

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Please describe your experiences regarding digestive health and Hemp Hearts:

NO PROBLEMS USING. HEMP HEARTS + FRUIT.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Prior to using hemphearts I didn't have bowel movements regularly - used to be every 3 days or so. Now, I pretty much go regularly every morning.

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Please describe your experiences regarding digestive health and Hemp Hearts:

As I stated above I mix my Hemp Hearts in a morning smoothie with milk, yogurt, ice, frozen fruit - Being a sufferer of Diverticulitis I have not had ~~an~~ recurrence in many months - I credit my daily HEMP HEARTS for this  
ALSO NO MORE CONSTIPATION

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.  
Please describe yourself and the length of time that you have been using Hemp Hearts:

I have been using hemp for almost 1 1/2 yrs. If I miss a day or two of taking hemp I really throw my digestive system off and it takes a few days to feel normal again.