

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:

It is an easy digestible food for people with digestive issues.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat them with 6-8g of carrot juice - a perfect tonic for me in this way.

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

My digestive system has improved and regulated. I am eighty eight years old and my joints, knees & hips, etc. work like a well oiled machine & keep me walking without any pain.

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Digestive health has been positive - I'm regular no more, no less. I usually have a smoothie shake w/ fruit each A.M. w/ hemp heart too, so coarse

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stool is a lot lighter color & will float in toilet

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Please describe your experiences regarding digestive health and Hemp Hearts:

Very easy to digest.

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Prior to Hemp Hearts I required digestive enzymes formulated for Proteins & Carbohydrates. These are no longer required & over my time of usage, inches are on the decrease.

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Please describe your experiences regarding digestive health and Hemp Hearts:

We have no problem with digestion