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 digestion has improved and I will be continuing to consume hemp hearts to keep my digestion healthy.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has improved no more heart burn & indigestion

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Please describe your experiences regarding digestive health and Hemp Hearts:

It certainly helped my digestive system

(I have to take lots of pain killers)

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Please describe your experiences regarding digestive health and Hemp Hearts:

my digestive health has improved 100% over the last 7 years & I can say it is because of hemp hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find that my digestion works better when I consistently eat hemp hearts. with fruit. I am regular and have no problems with digestion when I eat hemp hearts regularly for breakfast.

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

REDUCED STOMACH IMPACT FROM EATING - NO OVER FULL FEELING.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Wonderful effect on digestion!

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:

I eat my Hemp Hearts with berries (strawberries, a blueberries or blackberries) with two tbls. of yogurt. Digestive health seems good - not as gassy as I used to be

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