

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 have ulcerative Colitis - since I started on hemp hearts I have improved alot - minind problems with bleeding, diarrhea. My protein levels are now within normal range.

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 Hearts faithfully during the past four years - following surgery for stage 2 colon cancer. It had been recommended by a friend. I've recently had a routine colonoscopy and all is fine.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

I have chronic headaches & rely on hemp hearts for bowel regularity due too high intake of codeine for pain control. A side effect is that my cholesterol has come down.

I think I've been on it 2yr.

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

I have a heart condition and taking hemp heart has given me a new bounce in my life. My Doctor is intrigued with hemp heart and my good health.

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