

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 also began taking ^{hemp hearts} for constipation which has plagued me for as long as I can remember. With this added to my diet, it has been amazing... a miracle I lived on Prodiem for years. Now I only have hemp hearts.

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

This is also a big change for me, having constipation has caused terrible pain from inflammation to the joint I didn't know what I could eat anymore that didn't cause me pain. Once Hemp Hearts cleared my bowels have had no more problems.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has improved to the point of ^{elimination} ~~elimination~~ several times a day which really makes one feel healthier (and lighter).

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Please describe your experiences regarding digestive health and Hemp Hearts:

I suffered from chronic constipation all my life with all the side effects, bloating, gas, headaches. I do not suffer any more since the addition of H. Hearts in my diet.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

Blood pressure is ^{now} normal and 200 more relaxed!

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:

Hemp hearts have helped me control my glycemic index and will combat the "Brain fog" that happens when I cheat and eat desserts. I'm grateful to have this safe + healthy source of protein since my family is heart attack prone.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

Hemp Hearts for breakfast will allow me not only to have lots of energy all day, but also I feel happier and my concentration level is higher.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I find this to be true for myself. I have a lot of energy + a clear head. I have a 16 yr. son who is a National Trampoline & Tumbling gymnast. He uses it as a supplement. He train 16 hours a week so requires more food. He is also growing in very rapid spurts so his requirements are much different than mine.