

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:

generally, I feel healthier.

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 for a year now - and you know what? - Hemp Hearts are the ideal snack food - so nutty crunchy tasting and satisfying - good for the soul, good for the body

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I eat breakfast every day with Hemp Hearts & fat free calorie reduced yogurt. This routine is very beneficial to me to aid in bowel mobility & general sense of health & well being.

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

No gas pains or anything else. Just so pleased to have solved constipation.

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

I have been using hemp hearts for several years & I know they play a part in my well being

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

WE HAVE USED HEMP HEARTS REGULARY FOR 7 YRS AND BELIEVE IN THE BENEFITS OF OUR OVER ALL WELL BEING

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

I feel better on the whole.

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:

Feel more energetic - Mind is sharper (esp. learning a new language)