

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:

This is true

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I found it does help keep me more regular.

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Wow they've made me regular like never before.

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We agree with this statement, Our experience with our waste has been very regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

The cleaning process while on Hemp Hearts has been good. with bowels emptying rapidly each morning. or sometimes again after a meal.

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Please describe your experiences regarding digestive health and Hemp Hearts:

same as stated above in addition we also have hemp hearts with cooked cereal, and also yogurt.

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Please describe your experiences regarding digestive health and Hemp Hearts:

very good + keeps us moving each morning

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:

we put hemp hearts on our cereal each morning it keeps us healthy + no constipation