

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:

Before Hemp Hearts, I had a digestive, bowel problem since I was 11 years old. I had tried many drugstore and then in later years, many natural herbs & solutions. None really helped until Hemp Hearts. I have been regular, no bowel problems for the last (6) years. It is such an amazing thing, no one would relate unless they had a chronic bowel problem.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestion and elimination is the healthiest it has ever been. I'm sure that part of my good energy level these days is a direct result of the Hemp Hearts cleansing toxins and crud out of my system.

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 2 1/2 years. Before using hemp I had a lot of problem with regularity with bowel movement also lots of heart burn & gas - since then I no longer take metamucil or anything for this.

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

Prior to using Hemp Hearts, I was always constipated, which resulted in a lot of discomfort; bloating, cramping bleeding when forcing bowel movements. I have none of these issues anymore.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Used to experience terrible digestive disorders
ie: constipation, IBS, Gas, bloating.

Am now very regular and with minimal bloating
& gas.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I never had a problem keeping regular when eating hemp hearts. The traffic did move regularly but not excessively. My stomach seemed to flatten down as well.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive system has never been better. I finally have regular bowel movements twice a day. No loose bowel at all, just very comfortable bowel movements, in spite of my hemorrhoids. Food does not stay in my system for more than 12-18 hours.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before hemp hearts I always had problems with digestion & bowels
now no stomach problems & I go regularly