

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 go regular every morning.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I experienced digestive problems because of medication. Both my wife and I have experienced better digestion and regularity with hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have improved my digestion enormously. I have always had a tendency towards constipation, and have suffered from hemorrhoids. I never seemed to reliably get rid of this problem despite eating a decent diet with vegetables & fruit in it. Hemp hearts are

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2 healthy b.m.'s.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts help me to keep regular with my bowel movements. I'm not constipated any more.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts are great if it comes to regularity. I always had a problem in this department but since I've been eating hemp hearts every morning & my fruits I clean out thoroughly almost every day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before starting Hemp Hearts I suffered due to my body thinking every 3 days was enough, so many times lax was needed. Now you can set your watch (and no chemicals or bloating) to my daily routine.

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Am very regular - do eat berries with my hemp & oatmeal.