

who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

Bowel movements every day. Other customers claim improvement in this area.

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 have BM often and need

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Please describe your experiences regarding digestive health and Hemp Hearts:

I seem to be more regular when I use the hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has been excellent, I feel "clean" every day and generally more healthy

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Very helpful, that is why I love them. I have them in a fruit smoothy for breakfast (again not more than 2-3 tbsp).

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Yes, this works well - No Constipation

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- I NOW HAVE A BOWEL MOVEMENT WITHIN 30 MINUTES OF EVERY MEAL. THIS IS NOT THE CASE AS SOON AS ONE DAY OF HEMP FOR BREAKFAST IS MISSED. IN THAT CASE, IT TYPICALLY TAKES ANOTHER FULL DAY TO RETURN TO MULTIPLE EVACUATIONS/DAY.
- STAYS ON THE LOOSE SIDE BUT THAT'S OKAY.

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IT HAS BEEN GOOD