

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 was feeling sluggish for quite some time due to a bowel problem and hemorrhoids. My sister had been taking Hemp Hearts and on a visit with me in 2006 she suggested I try them and left a container with me. It worked so well that I have been ordering them since and would in no way stop using them daily. I just feel better in every way.

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

I have 1-3 bowel movements daily. My general health is good for my age. I have no more digestion, injection or excretion problems, no headaches, no bad sleep habits.

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

Er Hemorrhoids = helped
Er my dry eyes - helped (no more dry eyes)
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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:

hemp hearts keep me more regular

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Please describe your experiences regarding digestive health and Hemp Hearts:

Generally I have a problem with constipation. However when I am (faithfully) taking hemp hearts that problem is gone.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since the addition of Hemp Hearts to my diet I no longer have any constipation & have regular elimination.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Helps with regularity.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I eat hemp hearts in the morning with fruit and yogurt. My bowels haven't worked better. Stools are soft but not loose.