

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:

NO PROBLEMS USING HEMP HEARTS + FRUIT.

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Prior to using hemp hearts I didn't have bowel movements regularly - used to be every 3 days or so. Now, I pretty much go regularly every morning.

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As I stated above I mix my Hemp Hearts in a morning smoothie with milk, yogurt, ice, frozen fruit - Being a sufferer of Diverticulitis I have not had ~~an~~ recurrence in many months - I credit my daily HEMP HEARTS for this
ALSO NO MORE CONSTIPATION

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I have a protein drink every morning for breakfast to which I add hemp hearts I find it helps with any bowel problems I had (no more)

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*I always had a constipation problem.
A hemp seed helped tremendously.*

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Please describe your experiences regarding digestive health and Hemp Hearts:

THIS IS VERY TRUE. I AM VERY REGULAR

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Please describe your experiences regarding digestive health and Hemp Hearts:

*HEMP HEARTS ALONG WITH HEMP OIL (A TBLSP. EACH NIGHT)
KEEPS ME REGULAR + COMFORTABLE. NO INDIGESTION*

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Please describe your experiences regarding digestive health and Hemp Hearts:

*Hemp hearts definitely help keep one "regular."
My mum specifically reports this.*