

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 suffered from chronic constipation all my life with all the side effects, bloating, gas, headaches. I do not suffer any more since the addition of H. Hearts in my diet.

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

My feet do not swell nearly as much + my bowels work a lot better on hemp hearts.

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have energy throughout the day and try to eat again about 2-4PM. Some days I just use the energy for a while and let my body restore.

suffered from extreme chronic constipation - documented trips to emergency after a week without bowel movement - I was borderline constipated with Hemp Hearts - I go @ least once a day without strain & a good cleansing - This is so in a life. Seven (N) months with this.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

Improved greatly digestion/elimination

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Please describe your experiences regarding digestive health and Hemp Hearts:

When I first began eating Hemp Hearts I noticed my constipation problem soon was gone. I don't have that bloated feeling after a meal anymore. There is a family history of colon cancer so I find it very important to keep my digestive system working well.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Previous to eating Hemp Hearts I struggled with constipation. I am now have regular elimination and therefore feel more energetic & healthy.

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

Very regular bowel movements. And I attribute H. Hearts to controlling my hot flashes - I need these yummy healthy seeds.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts keeps me regularly twice a day. My blood pressure doctor tells me it's better than most people.