

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 am very regular with waste elimination and the bloated feeling I used to get after supper is all but gone. I think if we took the 5 heaping T of HH every day we wd have diarrhea, especially my husband.

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Yes, reticel relieves constipation.
Keeps the "system" running smoothly.

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In previous years I have experienced digestive problems. I used to eat 4 dried prunes before bed. Since using Hemp Hearts - my digestive issues are not as severe & I do not eat prunes before bed any more.

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I know hemp hearts play a big part in keeping my digestive system healthy.

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Please describe your experiences regarding digestive health and Hemp Hearts:

looser stool better cleansing with Hemp Hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find hemp hearts helps me with my heartburn and definitely keeps me regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This is very true.