

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:

when using hemp hearts, I also eat fruit (not vegetables) and stools are not too loose and keeps me regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have used hemp hearts to help constipation, I've always had lots of energy, and have never been overweight. Yes, I really feel they have helped me, I've used them about 10 months.

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

digestive track is better

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

I have had no indigestion - my stomach is not as sensitive to foods as it once was. Reflux is minimal. Bowel function is greatly improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I mix the hemp hearts with my breakfast cereal and never have a problem with constipation.

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

I no longer have bowel spasms & bloating

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H hearts keep my digestive system in fine working condition.
~~digestive system~~

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Please describe your experiences regarding digestive health and Hemp Hearts:

Feel good for digestion.
No trouble in bathroom
