

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:

Chronic constipation is no longer a problem but returns after a week of travel with no hemp hearts.

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My digestive system has improved considerably - hemp hearts seem to give me more than regular bowel movements

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It helps digestion

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I find them easy to digest (I have IBS) at anytime & actually calm my colon.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have ~~but~~ enjoyed excellent digestive health since before consuming H. Hearts and continue to do so. Having said this, I find regular consumption of the recommended 5 Tbs of H.H. helpful in regular, easy, bowel movements.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I generally mix hemp hearts with frozen blueberries & 1/2 banana occasionally with yogurt, sometimes with oatmeal. I will generally have 1-2 soft, formed BM's per day. The introduction of hemp hearts to my diet did not result in loose stool (1/4c. added to b'fast).

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

NONE, THAT I CAN NOTICE, ALL IS WELL!
AFTER TAKING H. H. FOR 3 WEEKS I NOW HAVE A B.M. EACH DAY

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestion and elimination is definitely helped by using hemp hearts.