

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:

This is one of the reasons that I started w/ hemp hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am far more regular using H-H. previous to use, I would go maybe 3x/week, now daily, sometimes more

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I'm more regular

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Good digestion & excellent bowel ~~mov~~ movements.

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It works for me

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I do mix my hemp hearts with fruit in a blender in the morning + have found it to work well

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With my oatmeal every 2m I'm very regular and I always feel cleaned out!

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I take a tsp each morning with a flax muffin & 2 pieces of dried fruit (apricot + prune).

This keeps me regular, ~ my stools are not too loose.

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With hemp hearts in my diet I am regular & can even eat cheese without constipation.