

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 was always having trouble with constipation, but since taking the hemp, I can release now three or four times a day. (It's great.)

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I have had great success with this as I was experiencing difficulties, even when we went on vacation it was very good.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This has been the biggest benefit - regular bowel movements!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Noticed a difference with regularity. Often have B.M. shortly after eating hemp hearts, usually 2 or 3 B.M. per day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts are great for staying regular. I usually eat them on a salad - I didn't realize that was such a great combination!

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Please describe your experiences regarding digestive health and Hemp Hearts:

This has been the most positive experience for me personally. I have had problems with constipation since I was a child. Taking the Hemp Hearts regularly has cured this problem!

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Please describe your experiences regarding digestive health and Hemp Hearts:

- * - That is actually why I started using Hemp Hearts - it was recommended by my reflexologist for my digestive system
- I definitely notice a difference if I don't use in the morning - I eat with my favourite cereal & blueberries

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Please describe your experiences regarding digestive health and Hemp Hearts:

I used to have constipation but I don't have it anymore.