

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:

excellent. Bowels move 2/3 x per day.  
clean movements

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Please describe your experiences regarding digestive health and Hemp Hearts:

- I agree & I no longer  
have any constipation problems  
Thanks

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have been very regular since starting hemp hearts.  
They have made a big difference in my digestive health, the biggest change I've noticed since I started eating them.

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Please describe your experiences regarding digestive health and Hemp Hearts:

MUCH BETTER -

H0099

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have never been so regular as I am now with Hemp Hearts. I hate to be without them even for a single day!

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Please describe your experiences regarding digestive health and Hemp Hearts:

Excellent!

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

NO comment. Helpful with Colon for me. My wife has had her colon pain from blockage go away

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Will have hemp hearts on cold cereal with soy milk cherries shreddies or oatmeal.  
Digestion is good as well as regular bowel movements