

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:

It certainly helps digestive health and your body seems to clean out thoroughly → good for your health
no constipation

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

WE HAVE BEEN USING HEMP HEARTS FOR 2 YEARS ^{AT BREAKFAST} & WE ARE EXPERIENCING FEELINGS OF WELL BEING, MORE ENERGY, REGULAR BATHROOM VISITS & CERTAINLY A FEELING OF FULLNESS BUT NO BLOATING. WE USE THEM ON ORGANIC CEREAL, GRANOLA OR SIMPLY ADDED TO A FRUIT SHAKE. THANK YOU.

2. We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

Due to Hypothyroidism I have a continual battle with weight. Hemp hearts alleviate snacking & constipation - & definitely boosts my metabolism.

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Please describe yourself and the length of time that you have been using Hemp Hearts:

56 year old female, active. Taking Hemp Heart for approx 2 year.

I noticed a difference right away, to my digestion & elimination.

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I have always suffered from constipation, but since taking hemp hearts with my breakfast cereal (all bran, yogurt (plain) & fruit) I am pleased with my digestive elimination. I will eat hemp hearts daily for this reason alone!!

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

After my cancer operation 5 years ago, it was hemp hearts that made keeping digestive system less painful and regular.

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THIS IS TRUE - MY DIGESTIVE SYSTEM IS WORKING WELL AND I FEEL BETTER ALL AROUND

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- My digestive health has definitely improved from stools that were too loose to formed stools after each meal. I love this product!