

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:

Healthy bowels. ☺

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:

I am a healthy 60 year old woman who has started to consume Hemp hearts to help with my regularity. The change by adding the Hemp hearts has been great.

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

Just better regularity with looser movement.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Helps to have a normal bowel movement daily.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Had a history of constipation, but that is no longer a factor in my life.

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Please describe your experiences regarding digestive health and Hemp Hearts:

always feel satisfied and comfortable

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts are excellent at keeping me regular and allowing for a thorough cleaning of bowls.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Yes it keeps me regular.

Besides I enjoy the taste of hemp