

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:

A friend told me about Hemp Hearts at least 3 years ago & I have suggested them to a number of my friends, who swear by them. I had problems with arthritis about 5 years ago. My fingers would swell up & ache. I found the H.H. would help to keep the inflammation down. They would also help my stomach if I was under a lot of stress.

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:

Hemp Hearts are wonderful as an aid to digestive health - can't say enough good things in this area.

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Please describe your experiences regarding digestive health and Hemp Hearts:

- Absolutely - bowel movements much easier & consistent with that "thoroughly cleaned out" feeling afterwards

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

I have been using Hemp Hearts faithfully during the past four years - following surgery for stage 2 colon cancer. It had been recommended by a friend. I've recently had a routine colonoscopy and all is fine.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I always suffered from irritable bowel syndrome. Since taking Hemp Hearts I am now regular every day. This in itself makes it worth while to take Hemp Hearts!!

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Please describe your experiences regarding digestive health and Hemp Hearts:

I suffer from irritable bowel syndrome, and have not been on any prescription drugs from the medical doctor since I have been on the hemp hearts. Same thing applies if I stop the hemp hearts just for a few days the stomach problems are back.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have ulcerative Colitis - since I started on hemp hearts I have improved alot - minimal problems with bleeding, diarrhea. My protein levels are now within normal range.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had no digestive problems since eating HHs.