

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 have excellent digestive health. I eat hemp hearts with blueberries, raspberries, strawberries or grape fruit for breakfast.

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Please describe your experiences regarding digestive health and Hemp Hearts:

THE HEMP HEARTS HAVE DEFINITELY HELPED OUR FAMILY WITH OUR DIGESTION & HELPED MARKEDLY WITH REGULAR, EASY BOWEL MOVEMENTS

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Please describe your experiences regarding digestive health and Hemp Hearts:

I was motivated initially to try Hemp Hearts because of my sluggish bowel and slow transit time. Using H.H. on a daily basis has eliminated this problem completely. I rely on Hemp Hearts, water, a healthy lifestyle to provide me with good digestive health. I make sure H.H. are with me even when I travel as I find a change in daily routine is especially difficult with elimination.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts supply me with all the additional fibre I need.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Heart are very helpful. I use to have problem with my digestive system before Hemp Heart.
My daughter share's my hemp hearts. She agrees the same as me. She is a new first time Mom. (Breast feeding) finds hemp hearts very helpful.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive system is in great shape.
I eat anything with no problems.
My bowel routine is very regular, no problems

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Please describe your experiences regarding digestive health and Hemp Hearts:

No problems with digestive system.

Please describe any internal changes experienced relative to pain and issues mentioned.

I have mentioned the swelling & burning/pain issues of legs. I have considerably less bowel/anal pain as a result of effortless movements - stools move through me instead of solidifying like clay and shooting things down. This reduces the amount of "normal a/c toxicity pain" in my day.