

Type II Diabetes.

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:

I am using Hemp Hearts as an integral part of my health management plan. it's hard to assess all benefits but for sure digestion, bowel movements and energy are improved with hemp hearts

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:

Regular bowel movements.

Digestive system appears healthier - No burping anymore.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Much Improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

GENTLE ON THE DIGESTIVE TRACT.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has been excellent,
I feel "clean" every day and generally
more healthy

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Please describe your experiences regarding digestive health and Hemp Hearts:

I no longer suffer from bowel problems.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestion is much better when taking H.H.
Bowel movements several times/day instead of once.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Regular, daily bowel movements with ↓ acid reflux.