

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 have been using Losec for my stomach because of pain & feeling sick stomach. I don't use it now & very seldom does food bother me now

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:

My digestive tract is much better since starting hemp hearts. I no longer ~~feel~~ feel bloated at the end of the day.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Definitely a big improvement in my digestion.

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

no internal pain

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*My digestive health is excellent.*

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*I USE GORWANT/NATURAL WITH HEMP HEARTS.  
FANTASTIC DIGESTIVE HEALTH  
- " -*

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

*I have no problems but I find I  
have less heartburn and even a teaspoon helps get rid of  
heartburn!*

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*No problems with digestive system*