

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

My husband doesn't have the heart burn
he used to have.
I am less constipated

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:

If I use them regularly my digestive system
works much better.

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Please describe your experiences regarding digestive health and Hemp Hearts:

DIGESTIVE SYSTEM IS EXTREMELY HEALTHY
& REGULAR.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Our digestive systems are working great.
No constipation or diarrhea. Hemp Hearts Work!

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

This is big. Since I began eating hemp I haven't had a single Flare up. (I was being investigated for IBS years ago and it is in my family.)

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

I have an ileostomy and find the hemp hearts (ground) are very compatible to my short digestive system

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Please describe your experiences regarding digestive health and Hemp Hearts:

I AM MORE REGULAR EATING HEMP HEARTS + HAVE LESS GAS PROBLEMS

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Please describe your experiences regarding digestive health and Hemp Hearts:

HEMP HEARTS MOVE SO COMFORTABLY THROUGH MY BODY THAT THEY HAVE HELPED ME TO RECOVER FROM YEARS OF BOWEL DISCOMFORT.