

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

AS MENTIONED, CONSTIPATION, BLOATING & INDIGESTION - NO LONGER A PROBLEM!

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

Less pain in digestive system.

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 eat broccoli or Cauliflower with my 5 tbs each Am. I keep regular, normal stools.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts give me optimum digestive health.

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

tummy not so sensitive, seems more content.

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

There was less pain.

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Please describe your experiences regarding digestive health and Hemp Hearts:

-improved my digestive

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

I have experience no indigestion or bloating # since implementing this regime.