

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:

Eating Hemp Hearts we have no digestive problems and are very regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts help my digestive tract and are not heavy on the body. Throughout the day, my meals are quickly digested.

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

I have had no indigestion - My stomach is not as sensitive to foods as it once was. Reflux is minimal. Bowel function is greatly improved.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I think Hemp Hearts helps ensure digestive health & regularity in my experience.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find hemp hearts helps me with my heartburn and definitely keeps me regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Very agreeable with digestive health

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

regular bowel movements !! = release of toxins!
no bloating!

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Please describe your experiences regarding digestive health and Hemp Hearts:

- very important
- keeps me regular
- makes me not bloat