

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:

Yes this is the case. At first I was blending it to make smoothies but I find that unblended is better! My daughter still blends hers and likes it that way she has lost weight and has become very active. - At age 39.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive system has never worked better since eating Hemp Hearts. As a result of losing my Gall Bladder a few years ago, I have suffered from acid reflux and I find that the Hemp Hearts really help my system to be regular.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health is really good.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I believe I have now been using the hemp hearts daily for 4-5 yrs. I purchased my first container at the health food store and found it worked well with my digestion (have problems with some food) and it also was great for regularity.

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**Please describe your experiences regarding digestive health and Hemp Hearts:**

My ~~bowel~~ wastes are now extremely regular & I am eliminating each day regularly as before I ~~to~~ used hemp hearts I was bloated and very irregular.

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

I used to have a constipation problem and a blockage, (a pain under the left ribs.) Hemp hearts stops this. When I stop eating them for a few days it will come back. I have tried several things to see if it was a coincidence, but it happens every time.

This is a food source I want to have always!  
Yours, Truly

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

If I consume highly processed or "fast food" I get severe abdominal cramping. Whole and natural foods, including Htt, do not cause cramping.

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

No more "gut" pains. (Colon)