

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 B.M.'s are regular - morning & evening. I do not have any digestive problems

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Please describe your experiences regarding digestive health and Hemp Hearts:

Excellent digestive health and experience good bowel movements daily without the hemp hearts I feel uncomfortable and do not miss taking without fail.

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Please describe your experiences regarding digestive health and Hemp Hearts:

my digestive system is much better and I do not have gas like I had before

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Please describe your experiences regarding digestive health and Hemp Hearts:

HEMP HEARTS ARE EASY to digest. No adverse reactions of any kind in any part of my digestive system. Much more regular since starting the HEMP HEARTS -

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:

Not a serious health condition, just a very sensitized digestive system. If I regularly include hemp hearts in my daily food intake, I have less cramping, stomach pain, bloating & regular bowel movements. I love hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestion is great - I usually void shortly after each meal.

My stools tend to be loose - almost liquid.

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

I don't eat hemp hearts to control hunger, I eat them because they are healthy and easy to digest.

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 am a 30 year old mother of an active 2.5 yr old boy. I have been eating hemp hearts since discovering digestive problems after having my son approx. 2 yrs.