

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:

That claim is very true. Hemp hearts are one of the best natural medicines you can get.

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:

Hemp Hearts in a morning smoothie made with a variety of fruits keeps me regular and my digestion system in good shape.

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I have no digestive or elimination problems with my use of Hemp Hearts.

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I EAT HEMP HEARTS WITH WILD OAT FLAKES AND SOMETIMES FRUIT. I HAVE NO DIGESTIVE PROBLEMS

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I take my Hemp Hearts by themselves each morning. Do not mix with fruit.

I have no trouble digestively, and credit this to the Hemp Hearts.

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So far we have no trouble with our digestion or elimination

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We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day. Please describe your weight control experiences with Hemp Hearts:

Not trying to lose weight, just not have digestive pain.

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MY DIGESTIVE SYSTEM HAS BEEN VERY GOOD. WHEN I AM ON HEMP HEARTS I AM ALWAYS REGULAR AND NO PROBLEMS. IF I AM NOT TAKING HEMP HEARTS, I DO RUN INTO PROBLEMS.