

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 it does help with digestion.

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I eat hemp hearts in a milk shake  
I always suffered with heartburn with  
my eating pattern, do not have heartburn  
any more.

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I think H H decrease my heart burn.

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No digestive problems at all

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Please describe your experiences regarding digestive health and Hemp Hearts:

# I used to only have a bowel movement once a week. The Hemp Hearts help me to have a bowel movement now at least once a day. Really helps with my digestive   
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Please describe your experiences regarding digestive health and Hemp Hearts:

R I've had my cholesterol lowered since taking  
# Hemp Hearts plus I'm more regulated and better  
# digestive with the Hemp Hearts,

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

I Less gas and bloating which I used to experience.

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Please describe your experiences regarding digestive health and Hemp Hearts:

# FOR CONVENIENCE SAKE I PUT HEMP HEARTS IN MY  
# SMOOTHIES IN THE A.M. AND THE RESULTS ARE  
# NOT TOO LOOSE AT ALL. GREATER DIGESTION  
# MORE REGULARITY, AND YES - 2-4 TIMES BOWEL  
# EVACUATION / DAY