

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 digestive system has never worked so well - I even take my Hemp Hearts everywhere I go - even on vacation.

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:

Much Improved. I notice a big difference when I am travelling & unable to have hemp hearts. My digestion is markedly better when I get back.

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

Not being hungry during the day... have not had as many difficulties with GERD. (Gastro Esophageal Reflux Disease)

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 GASTRO INTESTINAL TRACT HAS BECOME A MODEL of EFFICIENCY WITH MY NEW DIET. SOFT, LIGHT COLORED STOOLS ONCE ~~after~~ TWICE DAILY MOVEMENTS. I DO SUPPLEMENT ENZYMES & PROBIOTICS.

I 0053

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 have 2-3 tablespoons of hemp hearts in my cereal or yogurt in the morning and then I can go without getting shaky. I am hypoglycemic and hemp hearts are the only thing I have found that help prevent the shakes.

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:

No problem regarding digestive health and Hemp Hearts.
no more craving for sugar
sugar candy (ECT)

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:

my name is Thomas:
since I first start using hemp hearts
my health has improved immensely. I have had a lot of stomach problems, no more now, I only wish I have heard about it earlier, no more Adv. pills. I feel like a new person.

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:

Digestion is much improved.