

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:

Previous to eating hemp hearts daily I used to get an upset stomach every second day and sometimes daily. I found the hemp hearts combined in a fruit shake with raw vegetables and cheese everyday keeps my stomach settled.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Before I started on the hemp hearts I had to contend with diarrhea all the time. I am so very glad I don't have that anymore. It was such a difficult problem.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I've had absolutely no digestive problems with hemp hearts - although I normally have difficulty digesting fats. The food digests well. (No uncomfortable feeling of fullness for hours, as often happens to me.)

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Please describe your experiences regarding digestive health and Hemp Hearts:

I find hemp hearts very easy to digest.

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

My stool is a lighter color and softer.
My stomach feels better.

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 have had stomach problems in the past and since using Hemp Heart it has improved my health. The past 9 years I have much better health. I use Hemp Heart almost every morning.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Since using this product I don't have as much gas and stomach pain.

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

I have a Hiatal Hernia. When I take Hemp Hearts daily, it rarely bothers me. When I don't, it does!
