

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

Reduction of IBS & gut pain.

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:

I have been using Hemp Hearts for sometime & I find that one does clean out more thoroughly.

I have experienced my digestion is much better, my health in general is alot better, my skin, my hair all have improved.

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

My "internal" intestinal activities have been greatly improved over the past few years and stomach "upsets" have been all but eliminated with regular BM's.

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Please describe your experiences regarding digestive health and Hemp Hearts:

At a young age, I was taking medication that was very tough on ^{both} my stomach, and my entire digestive system. The addition of 11 glasses of water a day, and 5 tablespoons of hemp hearts a day (at least), have improved my digesting ~~ability~~ ability more than I can say. I've actually eliminated a prescription drug since the

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We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.
Please describe your experiences regarding energy and Hemp Hearts:

True. Excellent food source - light, easy to digest with high energy value.

All my life I have had irritable bowel syndrome and Diverticulitis. Since using hemp hearts I have been able to control the symptoms for these two conditions along with the medication subscribed by the doctors. Both these conditions are not curable but can be managed with very strict dietary control and medication. That is where I have found the hemp hearts to be invaluable.

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp Hearts assist with digesting foods more easily & quickly thus helping with elimination of waste more ~~regularly~~ frequently & more consistently.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have less bloating & very regular ~~bowel~~ bowel movements