

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:

- don't know -

I do know Hemp Hearts has assisted with what doctors considered IBS they have assisted my digestive health

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 suffered from IBS my whole life and have found that hemp hearts help to stabilize my digestive system and help me stay regular.

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my digestive tract works well with the hemp hearts but again I use an herb to help with the bowl since I have a lazy one. we do consume fruit smoothies in the morning with the yogurt and hemp hearts. I have never had loose bowls and even if I have a slice of bread with the hemp hearts it is still firm.

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

No gas pains or anything else. Just so blessed to have solved constipation.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I mix the hemp with my regular cooked mixture of grains and oats and milk and have good digestive health.

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

Has helped digestive system definitely

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Please describe your experiences regarding digestive health and Hemp Hearts:

I prescribe hemp hearts regularly to patients with digestive issues. They all love them and the effect hemp hearts have regarding their digestive health.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I digest it very well and it helps with good elimination & not too loose