

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

No bloating morning stomach feels light

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 am a 44 year old female. I take hemp hearts on a daily basis with my cereal, this product has improved my digestive health and reduced my bloating.

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:

This product has improved my digestive health

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Please describe your experiences regarding digestive health and Hemp Hearts:

Hemp hearts have greatly 'quieted' my irritable bowel.

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestion is good with hemp hearts.

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

MY HUSBAND DOES NOT SUFFER FROM ACID REFLUX IF USING HEMP HEARTS REGULARLY

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

Less stomach aches when eating hemp regularly & avoiding sugar, starches, dairy, processed foods, & digestive irritants (garlic, onion, radishes)

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Please describe your experiences regarding digestive health and Hemp Hearts:

My digestive health has improved noticeably.