

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:

Hemp Hearts has greatly improved my digestive health! If I must go w/out them for even a week, I definitely notice the difference. I do drink a good amount of water, but I still get a bit "bunghed up" w/out H.H.

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

Has helped with inflammation and stomach problems (with inflammation). It has most definitely reduced inflammation and pain & help towards healing

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I DON'T HAVE AN UPSET STOMACH ANY MORE

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Please describe your experiences regarding digestive health and Hemp Hearts:

My husband use to take a tum every day and now that he has been digesting the hemp hearts, he doesn't need the tums.

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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 sixty years old & have had stomach problems for several years. I had a hepatosternia repair that went terrible & had to be undone (in 1996). I have been taking hemp hearts (5 tablespoons) in yogurt for a year now & my stomach has not hurt for over 10 of those months.

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

I did have heart burn a lot but have none now. I built up my protein level. A chiropractor told me I didn't have energy because I was losing protein!

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I have two many health problems to mention, but since have been using hemp hearts as a regular part of my diet in the morning it has helped my digestive system, as I cannot have most other proteins: meat (red), fish, beans, limited dairy. It makes a difference on how I will feel for the rest of the day. They have been a regular part of my daily diet for about 6 years or so.

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

Right time acid reflux, which I have suffered from for years has virtually disappeared.