

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:

For sure! If I forget to take it, I feel sluggish.

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:

Prior to using Hemp Hearts I constantly had "heart burn", bloating constant snacking and low energy levels. After eating Hemp Hearts as directed I have totally reversed these conditions.

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Please describe your experiences regarding digestive health and Hemp Hearts:

This is why I use hemp hearts every breakfast, because I have digestive & bowel problems. Much better since hemp hearts.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I am always "regular" when eating hemp hearts. I was troubled with constipation & bouts of diarrhea but am regular with hemp hearts. I0065

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Please describe your experiences regarding digestive health and Hemp Hearts:

Yes I definitely have better digestive health and clean out thoroughly yay!

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

Eased digestion and elimination.

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Please describe your experiences regarding digestive health and Hemp Hearts:

WE EAT OURS WITH YOGURT IN MORNING, AND HAS HELPED BOTH OF US. EAT LESS, GREAT FOR DIGESTION, SLOW BURNING ENERGY, REGULAR

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had a problem with constipation for a long time.
Hemp Hearts have made a HUGE difference in my intestinal health!