

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:

Using it for omega's for Multiple Sclerosis. Defenately
Notice when lacking these. More numbness

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:

I have parkinson & I feel it really is
helping my fatigue.

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:

Have had I.B.S for years, since
starting on Hemp hearts have had
normal Bowel function.

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:

my bleeding ulcer dissapeared and feel
absolutely healthy.

5002

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:

I have been using losac for my stomach because of pain & feeling sick stomach. I don't use it now & very seldom does food bother me now

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

I suffer from reflux disease, however, I have realized that there is reduction in the number of times I have taken antacid tablets by 60 percent

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:

EXCELLENT IDEA, AS I SAID AT THE TOP,
IT KEEPS ME FROM BEING CONSTIPATED
THROUGH CHEMO.

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 had bowel issues (even blood & mucus in my stool at one point about 10 years ago) ~~and~~ and my naturopath reassessed me recently and said my bowels were doing much better