

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

irregular blood pressure before hemp hearts, now I maintain 120/60 - 130/70

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

I have gone off my high blood pressure medication

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My blood pressure is back to normal and I have not used my pacemaker for 2 years. That means it has not come on once. This is a very good thing!

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

As a mature woman I have large veins on the backs of my hands or I used to. That was the first thing everyone noticed was how much younger my hands and arms looked because the veins no longer protruded. The spider veins on my skin also faded (after about six months) My hands were noticeable after 6 weeks.

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:

Every morning I mix hemp hearts to plus salba seeds in my fruit smoothie, I can't tell you just how wonderful it is to be regular. No more constipation which has been one of my biggest problems throughout my whole life.

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I have low blood pressure since taking Hemp Hearts

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Please describe your experiences regarding digestive health and Hemp Hearts:

I have had chronic constipation for over 35 years. I am very regular now with my bowel movements Hemp Hearts. All a God send as far as I'm concerned.

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Please describe your experiences regarding digestive health and Hemp Hearts:

I always suffered from irritable bowel syndrome. Since taking Hemp Hearts I am now regular every day. This in itself makes it worth while to take Hemp Hearts!!

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

One of the reasons I continue to use hemp hearts, my blood pressure has dropped to a normal level.