

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:

Has helped my F.M.A. energy levels. I've noticed a much greater level of fatigue if for whatever reason I've not had my H.H.

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 certainly feel using Hemp Hearts during breakfast keeps me regular and feel it is definitely a defense from getting colon cancer.

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Please describe your experiences regarding digestive health and Hemp Hearts:

As I have health problems including diverticulitis, Hemp Hearts certainly help digestive tract problems.

Shirley M. Allen

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Please describe your experiences regarding digestive health and Hemp Hearts:

I suffer from I.B.S. My IBS has improved since the introduction of hemp hearts
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Please describe any internal changes experienced relative to pain and tissue inflammation:

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

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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!

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

I am now a controlled celiac disease survivor! Non bloating and regular.

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

Reduced pain associated w/degenerative disc disease