

We claim that because of the protein content of Hemp Hearts those who eat five heaping tablespoons of Hemp Hearts early each morning will not normally be hungry at lunch time and will be able to avoid the starches usually consumed for lunch.

Please describe your experience regarding hunger and Hemp Hearts:

*I agree with your statement 100%.
I add the Hemp Hearts into my soup as well so I can avoid eating bread or grains / carbs.*

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Please describe your experience regarding hunger and Hemp Hearts:

I can work vigorously (office job) all morning and up to 2:30 or 3:00 pm or later without feeling hungry.

We need the assistance of those who are using Hemp Hearts. Your reply will be used on an informational web site to defend Hemp Hearts against US government and other challenges.

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 do not feel hungry after I have hemp seeds as part of my yogurt breakfast.

We claim that those who consume five heaping tablespoons of Hemp Hearts with long fiber foods for breakfast, who avoid consumption of anything with calories until evening and who then restrict themselves to a bare vegetable salad at 6 PM can lose one pound each day.

Please describe your weight control experiences with Hemp Hearts:

I was originally 75 lbs overweight I have still approx 40 lbs to go. The hemp seems to help with weight loss because it fills me up and helps me

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Please describe your experience regarding hunger and Hemp Hearts:

if I don't have time to eat my hemp in the morning I am already in my lunch box early.

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Please describe your experience regarding hunger and Hemp Hearts:

Morning serving of hemp hearts able to go mid afternoon before wanting lunch. Meals smaller size.

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Please describe your experience regarding hunger and Hemp Hearts:

I found that after eating Hemp Hearts in the morning, I was much less hungry at lunch, consuming half the amount of food for lunch than I used to. Likewise at dinner time I had no desire to snack inbetween meals either.

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Please describe your experience regarding hunger and Hemp Hearts:

This is absolutely true. Some days when I have baked particularly nice muffins, I avoid that many Hemp Hearts in the morning because I know I will not be hungry enough to enjoy my muffins.