

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 make a fruit smoothie every morning, even taking hemp hearts on business trips. My drink of 5 tablespoons of Hemp Hearts and a variety of fruit eliminates hunger and cravings. I OCCASIONALLY EAT lunch 6 hours after breakfast, however I often have to remind myself to stop to do so because hunger pains and cravings no longer occur for me.

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Please describe your experience regarding hunger and Hemp Hearts:

It has been helpful with my M.S. having a small container in my purse to avoid becoming too hungry when I'm away from home.

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Please describe your experience regarding hunger and Hemp Hearts:

I have M.S. + if I eat my 5 tablespoons of Hemp hearts + can walk better + it really fills me up.

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Please describe your experience regarding hunger and Hemp Hearts:

- no longer feel famished
- no longer have that hungry low late afternoon

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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:

Weight reduced but do
eat light mid afternoon
e.g. Apple
or raw veg

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Please describe your experience regarding hunger and Hemp Hearts:

Yes, I usually am not hungry for 6 hrs after lunch. I crave only Fruits + Veg. Now.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 3 level tablespoons and don't eat till around 1 o'clock usually fruit with cheese + crackers - something light

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Please describe your experiences regarding hunger and Hemp Hearts:

I do use 4 heaping table spoons of Hemp hearts every morning either with yoghurt or Porridge. I am not hungry as I used to be before.