

...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:

With oatmeal porridge + whole wheat bread for breakfast - even
when a boiled egg was added - I was always hungry about 2 hrs
later. I'm nearly 60 now but I remember as far back as High
School when I'd be hungry by the end of 1st period! As a young
adult, I "used" coffee to get me through until lunch. Bad to worse
Wow. I can eat 4-5 heaping tbs of HH and get to 2:00^{PM} without
thinking of food.

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:

Prior to using H.H.'s my energy levels would fluctuate
throughout the day - blood sugar levels rising & falling
noticeably - H.H.'s have levelled all these highs & lows
in energy etc. I find that I don't have the hunger pangs I used
to.

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 have been a marathon runner; I am currently a
fitness instructor and road biker - also a mother of 2
active boys. I teach intense workouts + demand a lot of
myself in my own performance. I have been using Hemp
for maybe a year now + the effect has been profound.

I have energy beyond what I did before; I am not hungry
until 11:00 (I eat @ 7:30) + I am leaner than I was before.

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Please describe your experience regarding hunger and Hemp Hearts:

I have fairly high metabolism and chronic appetite. When younger,
I ate up to 4,000 calories daily and stayed slim. As I age, I notice
I don't need as many calories now, and I would agree that the
hemp hearts have helped me feel less "hungry-all-the-time". I
last up to six hours between meals (my norm was about two hours).

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Please describe your experience regarding hunger and Hemp Hearts:

I only take 4 heaping tablespoons, in morning
And don't eat again till supper time.

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Please describe your experience regarding hunger and Hemp Hearts:

I would say this so. they are filling. and I don't
find I'm hungry till supper.

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Please describe your experience regarding hunger and Hemp Hearts:

NOT HUNGRY UNTIL MID AFTERNOON
MOST DAYS

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Please describe your experience regarding hunger and Hemp Hearts:

I started eating 5 TBL spoonfuls 4 months ago, I'm
not hungry until around 5 PM, they sustain
me all day. you just don't get hungry.