

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

I am 79 & golf 3 times a week - my main health problem has been high cholesterol & since I've been on steady diet of Hemp Hearts I test perfect for my age -

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 do find when I have a Hemp Hearts for breakfast I only eat half the lunch I would normally eat -

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods--minimizing their weight--are often able to improve circulation and reduce their dependence on insulin.

Please describe your experiences with Hemp Hearts and any serious health condition:

Hemp Hearts are Great for helping to lower cholesterol.

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Please describe your experience regarding hunger and Hemp Hearts:

I find that if I make a fruit smoothie for breakfast and add Hemp Hearts to the smoothie I'm not real hungry at lunch - just a salad will do.

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Please describe your experience regarding hunger and Hemp Hearts:

I take 3 heaping tablespoons each morning and now realize that I am not hungry at lunch + will up my intake to 5 tbsp.
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Please describe your experience regarding hunger and Hemp Hearts:

eat seeds for breakfast, then have evening meal.

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Please describe your experience regarding hunger and Hemp Hearts:

not hungry, but do eat a light lunch

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:

helped digestion

not hungry for snacks.