

**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:**

Definitely cut the urge to eat, though I do eat regular meals.

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**Please describe your experience regarding hunger and Hemp Hearts:**

I use it in fruit & green smoothies in the morning.  
Hunger is not an issue till well into the afternoons.

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**Please describe your experience regarding hunger and Hemp Hearts:**

decrease in appetite  
helped with sugar craving

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**Please describe your experience regarding hunger and Hemp Hearts:**

I'm not normally hungry but I have 3 small meals a day.

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**Please describe your experience regarding hunger and Hemp Hearts:**

*Curbs hunger, have lost some weight without any dieting*

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**Please describe your experience regarding hunger and Hemp Hearts:**

*This is true I can go all day without suffering any hunger pangs*

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**Please describe your experience regarding hunger and Hemp Hearts:**

*My hunger is curbed, and I also find I don't crave sweets or starches*

**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:**

*Improved regularity and cut down appetite.*