

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.

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Please describe your experience regarding hunger and Hemp Hearts:

I USED TO GET HUNGRY AROUND 10:30 - 11:00 EVEN WITH A NUTRITIOUS BREAKFAST WITH HEMP HEARTS I FEEL NO HUNGER UNTIL ABOUT MID AFTERNOON... EVEN WHEN EXERCISING. I SNACK ON A HEMP BAR -

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

A SMALL PIECE SATISFIES ME.

MY APPETITE IS DEFINITELY DIMINISHED WITH HEMP HEARTS EATEN IN THE MORNING. N/A

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Please describe your experience regarding hunger and Hemp Hearts:

Because I am small - weigh less than 100 pounds - I now use only three tablespoons of Hemp Hearts on my morning porridge. When I used four tablespoons, I never got hungry. I love food - yes, even my own cooking. I have no desire for sweets (doughnuts, cakes, pastries of all kind.)

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Please describe your experiences regarding hunger and Hemp Hearts:

Since I am using this (I only take 3 Tbsp) I frequently don't eat lunch until early 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:

Since I have eating Hemp Hearts my weight has stayed the same in about 115 lbs. I have lots of energy and never hungry.

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Please describe your experience regarding hunger and Hemp Hearts:

I began using HH last summer when my partner and I began building our house. I often felt hungry + fatigued at approx. 10:00 am so began using HH at that time. I was able to continue working through to 1:00 or even 2:00 pm without having further breaks. I often outlasted our contractor who was 13 years younger!

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Please describe your experience regarding hunger and Hemp Hearts:

I use Hemp hearts on my hot cereal in the morning. I usually don't eat again until 3:30 or 4 pm when I have a piece of cheese & some fruit.

We eat our evening meal about 7 pm. 2-3 days I don't have H.H. I am hungry by 11 am.

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Please describe your experience regarding hunger and Hemp Hearts:

I put 3 tablespoons of Hemp hearts in my shake every morning. I am not hungry until at least noon, could go longer without food.