

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:

Dramatically reduced craving for carbs.
Satisfied ~~so~~ for at least six hours.

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:

Energy and not being hungry, but we didn't use it for weight loss.

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Please describe your experience regarding hunger and Hemp Hearts:

No sorry to say that never worked for me, I am hungry by lunch time, but I do eat breakfast 6:30 to 7am (mind I have 4 heaping Tablespoons)

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:

didn't really try this but it does reduce appetite

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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:

I find that the hemp hearts stops my cravings for junk food. it takes away the hungry feeling until well into the afternoon. My weigh stays what is normal for my frame (before hemp hearts I used to go 10 to 15 lbs over weight.)

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Please describe your experience regarding hunger and Hemp Hearts:

I am not as hungry & I don't seem to have as many cravings as I used to.

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Please describe your experience regarding hunger and Hemp Hearts:

I find 3 tbs in morning on cereal or with yogurt & satisfies my appetite + I still have lunch but not so much

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Please describe your experience regarding hunger and Hemp Hearts:

Deminished hunger for 7 hrs.