

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:

Once again - I've noticed many great things since I've started using hemp hearts with regards to my M.S. Mostly - energy level, bowel regularity, skin softness, reduced hunger etc.

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 find that I can go ~~from~~ from morn till late after noon before I feel hungry again.

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Please describe your experiences regarding hunger and Hemp Hearts:

I find that hemp hearts do curtail my hunger and that I am able maintain more energy because of them.

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Please describe your experience regarding hunger and Hemp Hearts:

If I consistently have my Hemp Hearts in the AM, I don't feel hungry until about 3 PM, when some protein or veggies are adequate until supper.

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Please describe your experience regarding hunger and Hemp Hearts:

A dramatic change in hunger patterns and cravings for sweets. Previously, after a 6⁰⁰ AM breakfast, I would be hungry by 10⁰⁰ AM. Now, I don't feel hunger until after noon, and that is quickly satisfied with a small meal.

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Please describe your experience regarding hunger and Hemp Hearts:

Do not get the mid-morning craving I was used to, get me satisfied right up to lunch and beyond, eat light lunch only,

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:

- It helps curb my hunger so I'm not looking for unhealthy snacks.

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Please describe your experience regarding hunger and Hemp Hearts:

I am never hungry at lunch so eat breakfast & dinner at 5 p.m. If I travel I always take my Hemp Hearts with me. On one occasion, when I forgot them, I was shaking by 10:30 & had to eat something.