

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:

Seems to stop all mid morning nibbling -

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Please describe your experience regarding hunger and Hemp Hearts:

I generally eat 4 heaping tablespoons with yogurt and an apple for breakfast. I find this to be quite filling. For lunch I have something light. I could go without lunch but if I don't eat regularly, it can trigger a migraine.

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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 have not been using Hemp Hearts specifically for weight ~~control~~ ^{loss} and therefore have been eating regular meals. I do seem to fill up more quickly though. I have not gained weight since being on Hemp Hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

I use only about 2 tablespoons per day. I do not get very hungry until later in the day then I like fruit or ^{something} light until supper. I drink more than I used to, I was a constipated body type. No problems any more, cut the craving for sugar

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Please describe your experience regarding hunger and Hemp Hearts:

I only use 2 TBSP, but find that I no longer eat lunch - not hungry. I have a small, healthy snack later in the afternoon.

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:

N/A
I truly like the taste, I like how I am not hungry & I love how I feel. I love Hemp Hearts

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Please describe your experience regarding hunger and Hemp Hearts:

I eat 2 tbs. hemp hearts each morning. I find they keep me from eating a big lunch and keep my food consumption in control

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Please describe your experience regarding hunger and Hemp Hearts:

without question use of hemp hearts prevents blood sugar lows and minimizes hunger