

2 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:

Because I have so much energy and I feel "full", I not hungry until supper. I lead an active life style (swimming, cycling power walking everyday) I need more than just a green salad. ∴ weight is under control

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:

What you claim is true. you will not feel very hungry at lunch time and will be able to eat healthy light lunch.

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:

Because I don't eat late at night I find my hemp hearts & cereal, yogurt & fruit first thing in the morning, will only carry me until noon, then I will need a salad or something to eat.

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Please describe your experience regarding hunger and Hemp Hearts:

I am not hungry at lunch time. Jll.

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 experiences regarding hunger and Hemp Hearts:

I'm not usually hungry until about 1:00 or 2:00 P.M. after 5 TBS. of Hemp Hearts & bolts for breakfast.

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Please describe your experience regarding hunger and Hemp Hearts:

The Hemp Hearts with a glass of tomatoe juice or other type of vegetable juice for bone will last at least till Noon.

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Please describe your experience regarding hunger and Hemp Hearts:

- using the Hemp Hearts plus the hair has regulated the hunger problem

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Please describe your experience regarding hunger and Hemp Hearts:

I have about 4 heaping spoons each morning + it does curb my appetite