

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 eat one soup spoon full every morning. I have to force myself to eat at 2. P. M. I still feel full.

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Please describe your experience regarding hunger and Hemp Hearts:

Since I've been eating hemp I have maintained the same weight. It definitely keep me full until lunch

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Please describe your experience regarding hunger and Hemp Hearts:

WE ARE SINCERE BELIEVERS IN THE ABOVE  
AND MOST OFTEN WE HAVE VEGGIES AROUND 1 PM

I normally eat three heaping tablespoons of hemp heart with yogurt at breakfast and then have yogurt and 1/8th of a hemp bar at lunch. This has proven very beneficial for me as I am not craving sweets and am full until supper when I eat a normal supper.

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Please describe your experience regarding hunger and Hemp Hearts:

I normally have breakfast by 9 AM consisting of fresh fruit, 4 tbsp Hemp Hearts (ground) & a little yogurt, & I am seldom hungry before 3 or 4 pm, at which time I might have a cracker w/ cheese, or nothing until dinner at 6 or 7 pm. If I don't consume this, I am craving food by 2 pm.

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Please describe your experience regarding hunger and Hemp Hearts:

I'M EATING 3X A DAY, I'M NOT HUNGRY FROM MEAL TO MEAL.

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Please describe your experience regarding hunger and Hemp Hearts:

WHEN I HAVE BREAKFAST WITH THREE HEAPING TABLESPOONS OF HEMP HEARTS I WILL GENERALLY NOT BE HUNGRY BEFORE 2:00 PM WITH LOTS OF ENERGY.

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:

Including hemp hearts in my breakfast cereal every morning suppresses my hunger & results in a lighter lunch, later, thus resulting in desirable weight control. I have had no diabetes.