**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 haven't really restricted my diet to only a salad for supper but I have been losing weight at a slow steady rate.

**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:**

My husband doesn't get hungry now until around 3 or 3:30 pm. We take our hemp hearts between 8 and 9 am. I still eat lunch but not half as much!

**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 never just had Hemp Hearts and avoided calories until evening I do find I dont crave junk when I take them and feel really good

**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 feel I don't eat as much as I used to.

**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:**

SINCE TAKING HEMP HEARTS, I HAVE HAD A SIGNIFICANT REDUCTION IN THE DESIRE TO WANT 'CHOCOLATE PRODUCTS' AND ICE CREAM.

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**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:**

For breakfast I have been using 4 heaping tablespoons of Hemp Hearts with approximately 1 cup of bran buds and some fruit or fruit juice. When I am involved in good physical work during the morning I usually have soup & sandwich for lunch. On "quieter" mornings it is soup only for lunch in much less than I used to eat before using Hemp Hearts.

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**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 have hemp hearts on my Scottish Porridge every morning and I don't need to eat as much as I used to

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**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:**

a hearty soup or salad with raw vegetables is adequate at lunch time
- sweet food cravings are markedly diminished
I rarely do not eat dessert except for fresh fruit

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