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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:

Have lost several "healthy" pounds without trying to. Food cravings esp sugary foods have disappeared completely. Nutritionally I feel satisfied.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am a 54 year old woman, I've taken hemp hearts daily for 2½ yrs. I feel more energy, less appetite for sugar, and generally I feel better when I eat ¼ to ½ c. daily (hemp hearts)

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health--reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

I have little hair to speak of however my skin is relatively youthful considering my age! Avoiding sugar was not a conscious endeavor. The desire for sugar (snacks, chocolate bars, candy etc. has diminished to the point where there is no more craving.

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:

definitely true, ate lots fruit and vegetables instead of starches  
lost cravings for carbs

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Please describe your weight control experiences with Hemp Hearts:

I have found I am able to keep a constant weight as I don't eat foods of sweets & starches. I don't have the cravings since taking the Hemp hearts.

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Please describe your experience regarding hunger and Hemp Hearts:

I have tried from using hemp hearts I have absolutely no problem making good healthy choices for the whole day. After two days of being on hemp hearts I had no desire to eat chocolate, and almost the same for any deserts, cookies etc.

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Please describe your experience regarding hunger and Hemp Hearts:

I eat Hemp Hearts & my fruit - pineapple or mango first thing in the morning (5 table spoons)  
I don't get hungry and I have no appetite for bread.

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Please describe your experience regarding hunger and Hemp Hearts:

I only use 3-4 tablespoons at 8-8:30 AM with fruit (crushed pineapple or Apple sauce or banana). I have salad at 2pm (lunch) with no craving for starch or sugars. Dinner is at 7pm and still no starving cravings.