

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:

losing weight

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Please describe your weight control experiences with Hemp Hearts:

As stated I have lost 45 lbs.

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Please describe your weight control experiences with Hemp Hearts:

I haven't tried this but it seems reasonable to me that this could happen.

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Please describe your weight control experiences with Hemp Hearts:

husband has tried this successfully (but not at the moment)

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.

Please describe your experiences regarding energy and Hemp Hearts:

I have lost 15 lbs. and am at my normal weight for 6 months - I have always had lots of energy and get 8 hrs. ~~sleep~~ sound sleep every night.

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Please describe your weight control experiences with Hemp Hearts:

My experience is that I lose 2 pounds per day ~~as~~ eating as you describe. However I do not feel that I avoid consuming calories until evening. I am genuinely not hungry and forget to eat.

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Please describe your weight control experiences with Hemp Hearts:

I am not overweight so this has not been an issue. But I could recommend that anyone following that kind of a plan would lose weight.

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:

In the past 2 years I have lost ~10 lbs without changing my eating habits.  
I have noted increased moisture in my skin + hair