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 am not as hungry and my Blood/Sugar is in check. I have lost 45 lbs. in one yr.
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 was about I Olbo overwight before I stuted to use hersheuter Now I am back to my normal wight 16albs.
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 bette 105t 65 1bs in the 1st. 6 months of enting Hemp Nearts. The combination of them & my 30
I have lost 65 ibs in the 1st. 6 months of eating Hemp Hearts. The combination of them & my 30 eating Hemp Hearts. The combination of them & my 30 minute brisk walk, have greatly improved my muscle tone of my complete body. I feel good, look tone of my attitude has completely changed about myself.
about myself.
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 started bemp bearts because my diabetes was out of control. I wanted off my
medications, increase my energy and give me a reason for living. I get all my wrotes + a lones of losing 35 pounds. My night injections have dropped from 36 to 24 1.0.15 and day time from 3 × 10 down to 2×6
and my Blood argain are constant from 3.5-4,2. [.]. I 15.C) DNIT

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:

1 lost 40 lbs in 3 months.

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:

| CANNOT COMMENT ON THIS REGIMEN AS I HAVE NEVER
TRIED IT - BUT I'VE NO DOUBT I COULD LOSE WEIGHT
THIS WAY IF I FELT THE NEED!

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:

Weight loss was supplement; In 30 days of beginning protein supplement; I lost 12 165.
188 165 down to 176 165 Remained there over a year

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:

If I still to the about I can lose weight.