

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:

As above, I find that I'm not hungry till the afternoon. And I'm healthy weight, and medium active due to my stroke.

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:

Hemp hearts are an important part of my diet to help manage my MS. They give me the extra protein & help with my energy level. Hemp hearts add healthy calories to help me, maintain a healthy weight. Before hemp hearts it was very difficult to keep my weight high enough.

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:

Since my husband has diabetes, Hemp Hearts helps very much to control our weight, as well sugar level.

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Please describe your weight control experiences with Hemp Hearts:

I am controlling my weight, I am not obese so I do eat a lunch but hemp hearts help energy: charger until lunch. I am a busy mom who needs ^{this} extra energy.

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Please describe your weight control experiences with Hemp Hearts:

Hemp hearts has helped me control my health & weight a great deal.

2
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Please describe your weight control experiences with Hemp Hearts:

I use hemp hearts to add healthy calories to my diet, as I have to make good conscious choices to keep my weight up.

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Please describe your weight control experiences with Hemp Hearts:

I have, in fact, gained weight using hemp hearts. This was my goal. I am at a healthy weight for my body build now, and am much more energetic.

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Please describe your weight control experiences with Hemp Hearts:

no experience with this. I was very underweight and found the hemp perfect for restoring and maintaining healthy weight.