

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:

*We feel you can control your weight*

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Please describe your weight control experiences with Hemp Hearts:

*AT 6'3", my ideal body mass index is 185 lbs. I guess I am a type "A" individual, I follow my Non-grain diet, Not having grains as a main food stable Very seriously. Hemp Seeds, small portions of fresh meats at lunch and dinner along with various vegetables and fresh fruits keeps my weight in check.*

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 maintain my weight & I am average for my height ect. as for Energy, I keep house for my daughter & her husband - I walk alot & have been told I have a lot of energy more than many people much younger than I.*

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 52 YEAR OLD FEMALE WHO HAS BEEN ABLE TO MAINTAIN A 160 LB. WEIGHT LOSS FOR OVER 3 YEARS BY EATING HEMP HEARTS FOR BREAKFAST EACH DAY. MY HEALTH CONTINUES TO EXCEED MY EXPECTATIONS.*

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Please describe your weight control experiences with Hemp Hearts:

I have not gone to the extreme of the above paragraph but my weight has reduced and stabilized.

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Please describe your weight control experiences with Hemp Hearts:

I have lost weight - about 10 lbs over the 2 years. I did not cut back on my regular meal choices other than the lack of sweets.

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Please describe your weight control experiences with Hemp Hearts:

I have lost a bit of weight and the big craving for sweets and snacks are gone.

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 eat less food & most days only 2 meals; lots of salads, fruit & grains, all organic & local when ever possible. I'm very active in my garden & grow vegs, salads, lettuce, Tom's, leeks, garlic & many other vegies. My weight stays the same month after month.