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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:

I maintain a healthy, stable weight without counting calories on a vegetarian diet with hemp hearts daily.

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Please describe your weight control experiences with Hemp Hearts:

My weight is far better controlled while taking hemp hearts.

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Please describe your weight control experiences with Hemp Hearts:

Yes these hemp seeds do help control my weight however my husband insists on meat at dinner. However my need to eat much meat has diminished.

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Please describe your weight control experiences with Hemp Hearts:

We have always been very conscious of our weight and what we eat. I believe the hemp hearts do help in this regard.

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Please describe your weight control experiences with Hemp Hearts:

I try to maintain my weight and find Hemp Hearts a great aide when I gain an extra pound. Because I am not always hungry I can avoid over eating

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Please describe your weight control experiences with Hemp Hearts:

→ Do not follow above diet, but addition of hemp hearts daily does help in weight control.

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Please describe your weight control experiences with Hemp Hearts:

Wonderful for weight control. Nothing else is needed

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:

My husband is diabetic, the H.H. seem to control his weight and sugar levels.