

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

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:

My weight has always fluctuated between a low of 176 lbs and a high of 220 lbs. After 4 years with Hemp Hearts and no change in diet my weight is now steady at 185 lbs - two (2) lbs heavier than my high school football weight.

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:

yes, I agree with your analysis on energy. I have found it to be so. Weight reduction is also happening. Down some 5-7 lbs in a month.

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Please describe your weight control experiences with Hemp Hearts:

Just holding

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:

I've kept slim 130 @ 86 and was 204 lbs
40 years ago.

2.

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I do not have an overweight problem.
With the hemp I maintain a consistent weight

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We have never tried this but we do
maintain our weight without dieting

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we have maintained our weight but have not gained
any