

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 have lost between 15 & 20 pounds in the past three years, and am still slowly taking off more weight. I am presently at 149 lbs.

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Please describe your weight control experiences with Hemp Hearts:

I have lost 35 lb in the last 3 years I find it a lot easier to say no to starches. I did not follow the above outlined program; I just cut down on food intake. The weight loss was slower but the weight has stayed off.

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 have no trouble maintaining my weight

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Please describe your weight control experiences with Hemp Hearts:

I no longer have trouble maintaining my weight  
I don't have to diet so painfully

2  
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Please describe your weight control experiences with Hemp Hearts:

~~2~~ I'm always losing weight.

My husband maintains a healthy weight

2  
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I did lose a few lbs. since taking the seeds - But that wasn't my main issue - my bowel problems were.

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Please describe your weight control experiences with Hemp Hearts:

Breakfast Hemp hearts, handful Almond, 1 orange, 1 toast  
Dinner balance menu 4 items  
Supper - soup or salad.  
Able to maintain weight <sup>loss</sup> after three years.

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Please describe your weight control experiences with Hemp Hearts:

I love my food too much to do as described above. I have simply been able to cut down on the amount I eat without changing what I eat. I can still enjoy food + maintain a healthy weight