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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:

Have found that my weight has remained stable since taking Hemp Hearts

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Please describe your weight control experiences with Hemp Hearts:

I have not specifically used H. Hearts for weight control, but I can see that could easily work.

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Please describe your weight control experiences with Hemp Hearts:

I find this method of eating great for weight control.

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Please describe your weight control experiences with Hemp Hearts:

definitely has helped with weight maintenance.

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losing weight

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at 1 1/2 table spoons I maintain my normal weight!

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I really watch my weight and food intake — which means staying at 2000 calories or less per day. I believe the hemp is helping to control my chronic appetite and I have taken off 10 pounds in the last year — I think I am at my best weight right now.

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I have not used Hemp Hearts for this reason only but feel that they have kept my weight at a controlled weight.