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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:

Since I have eating Hemp Hearts my weight has stayed the same in about 115 lbs. I have lots of energy and never hungry.

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:

51 yrs old when I started using Hemp Hearts to control food cravings and start a weight control program. Now at 57 continue to eat hemp hearts on a regular basis

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Please describe your weight control experiences with Hemp Hearts:

I believe this could easily be true.

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Please describe your weight control experiences with Hemp Hearts:

I believe in three meals and 2 snacks a day plus exercise.

Hemp Hearts have curbed my sugar cravings, kept my energy up, and helped me maintain a good weight.

... every morning with long fiber foods.

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Please describe your weight control experiences with Hemp Hearts:

I found that I experienced weight loss & better digestion just using hemp hearts in smoothies. My mom & sister report the same thing to me. I lost around 8 lbs & have maintained this normal, healthy weight.

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Please describe your weight control experiences with Hemp Hearts:

I WAS ABLE TO LOOSE 30 lbs. IN A FEW MONTHS WHILE USING HEMP HEARTS DAILY AND EXERCISING THREE TIME PER WEEK. I HAVE KEPT MOST OF THIS WEIGHT 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 like my hemp hearts with my oatmeal unfortunately I live a busy life "casual on call" and need to have a quick meal. so I make my hemp hearts into granola bars. They are so satisfying that I don't need lunch most days and I have been able to loose some extra pounds.

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Please describe your weight control experiences with Hemp Hearts:

I've been able to maintain a healthy weight, I've lowered my carb intake, more soups + VEGs.