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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 have lost 30lbs in the year I've been using Hemp Hearts. I have no problem keeping the weight off.

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Please describe your weight control experiences with Hemp Hearts:

With controlled hunger, weight control is very adequate.

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Please describe your weight control experiences with Hemp Hearts:

I find that the hemp hearts stop my cravings for junk food. It takes away the hungry feeling until well into the afternoon. My weight stays what is normal for my frame (before hemp hearts I used to go 10 to 15 lbs over weight.)

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Please describe your weight control experiences with Hemp Hearts:

I have been able to control my weight easier as I do not give in to my temptations and cravings.

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I am not overweight but can put on weight easily on week ends when my routine relaxes. Have often experienced weight losses of 1 pound per day when sticking to my weekday routines.

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I have not been using Hemp Hearts specifically for weight ~~control~~ ^{loss} and therefore have been eating regular meals. I do seem to fill up more quickly though. I have not gained weight since being on Hemp Hearts.

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I do not have a weight problem but my weight has been steady within one or two pounds up or down since I have been ~~putting a~~ ^{heaping} quarter cup of hemp seed on my cereal every morning.

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I find since taking Hemp Hearts I have better control of my appetite and have been able to keep my weight down.