

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:

Since using them I haven't gained weight

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin.
Please describe your experiences with Hemp Hearts and any serious health condition:

has helped me to control my weight & given great energy in a high protein, low carb & sugar, essential fatty acids meal!

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Please describe your weight control experiences with Hemp Hearts:

My weight is stay constant without dieting

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Please describe your weight control experiences with Hemp Hearts:

- still a struggle but does not make me want to eat donuts at work.

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Please describe your weight control experiences with Hemp Hearts:

I am not on a weight control plan. Do eat in afternoon and have a very light dinner. My weight is good and easily maintained - have noticed I do not get bloated when consuming hemp hearts

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Please describe your weight control experiences with Hemp Hearts:

My weight does pretty well stay the same, I'm quit tall, 5'8" and I'm 145 lbs any more or any less, does not work for me. I'm controlling my weight. *Pretty Good*

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Please describe your weight control experiences with Hemp Hearts:

I HAVE NOT ATTEMPTED ANY CONSCIOUS WEIGHT LOSS WITH THE USE OF HEMP HEARTS. ALTHOUGH I HAVE LOST WEIGHT NOT NECESSARILY AS A DIRECT INCLUSION OF HEMP HEARTS IN MY DIET.

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Please describe your weight control experiences with Hemp Hearts:

I have not used this Hemp Hearts as a diet tool. But I have maintained an even weight.