

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 used Hemp Hearts to maintain my weight - This method definitely produces weight loss - but once you've reached your ideal weight, they really help you maintain. A healthy bowel is a healthy body!

We claim that because of the protein content of Hemp Hearts those who eat five heaping ^{teaspoon} 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 was addicted to sugar products but with the H.H.'s I can go to lunchtime or later without snacks or bread + starches and this helps me keep my weight under control.

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Please describe your weight control experiences with Hemp Hearts: ON THE DIET THAT

HAVE BEEN ON FOR THE LAST 6 YEARS, I LOST 24 LBS THE FIRST TWO

MONTHS AND HAVE MAINTAINED MY OPTIMUM WEIGHT ~~FOR THE~~

~~THE~~ THAT WAS APPROXIMATELY MY WEIGHT WHEN OF 125 LBS

I WAS 20 YEARS OLD.

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Please describe your weight control experiences with Hemp Hearts:

Since taking the hemp I have lost 10 lbs and have maintained the weight loss by eating smaller portions at dinner with using the remaining hemp.

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Please describe your weight control experiences with Hemp Hearts:

Dropped 10 lbs. in the last two years.

We claim that because of the essential fat content of Hemp Hearts that unless an individual is considerably overweight or extremely active, most individuals who eat five heaping tablespoons of Hemp Hearts each morning will have sufficient energy until evening.
Please describe your experiences regarding energy and Hemp Hearts:

~~all the time~~
I have been using them as part of a balanced diet and life style. Over the past two years I have lost about 10 pounds.

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Please describe your weight control experiences with Hemp Hearts:

I have been able to lose the 20lbs I needed to, I do believe in Hemp Hearts helping me do so and have controlled my weight for a yr.

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Please describe your weight control experiences with Hemp Hearts:

While we are not so extreme in our food consumption over the last yr we have both lost approx 15 lbs & it has stayed off.