

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 do not have a weight problem and thank H.H.'s for ensuring that I do not.

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Please describe your weight control experiences with Hemp Hearts:

I keep my weight constant b/w 125 - 128 lbs for my 5' 3" frame.

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 often eat a light lunch when consuming hemp heart in the morning. This has helped maintain my weight.

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Please describe your weight control experiences with Hemp Hearts:

I am maintaining my satisfied weight

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Please describe your weight control experiences with Hemp Hearts:

Although I have not followed this regime on a regular basis, my weight has stabilized at a normal level for my height and bone structure.

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:

Yes it has definitely helped my energy & my weight is kept under control

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Please describe your weight control experiences with Hemp Hearts:

My weight is kept constant -

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Please describe your experiences regarding energy and Hemp Hearts:

SINCE I HAVE CHANGED MY LIFE STYLE THE CANCER IS GONE, THE ARTERIES IS GONE, I AM AT MY OPTIMUM WEIGHT AND MY ENERGY LEVEL IS WHERE IT WAS WHEN I WAS IN MY LATE 20'S.