

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:

Appears to help but I always have been OK -
It is helping wife more noticeably than me -

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:

Since I have been having hemp everyday.

I dropped 5 lbs. & keep it off. I am in my correct weight group & feel excellent - my doctor are all surprised what a great record I have.
health

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Please describe your weight control experiences with Hemp Hearts:

Yes you can! I was 215 lb. before, started cheating at 200 lb. at 185 lb. I am eating enough To maintain.

Since I have been using 3 heaping tablespoons of hemp hearts daily for over a year now I have lost 35 pounds. For me this is wonderful as I am losing weight slowly and steadily and find that if I have the occasional dessert my weight loss is not affected. Hemp hearts have been the keystone to my weight loss program and I plan to continue to lose another 20 pounds at which point I will maintain the use of hemp hearts to maintain the desired weight and diet.

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Please describe your weight control experiences with Hemp Hearts:

1. I have lost approx 25 lbs and have kept it off all the time I have used hemp hearts. This is not hard to do

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:

I'm A 51yr old Bus Driver in FORT McMURRAY ALBERTA OILSANDS, I'VE BEEN USING Hemp HEARTS FOR 3 years. I'm TYPE 2 DIABETIC AND THEY HELP WITH MY APPETITE AND WEIGHT CONTROL, ALSO KEEPING MY SWEET TOOTH UNDER CONTROL

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Please describe your weight control experiences with Hemp Hearts:

I lost ten pounds following this and felt great. At my ideal weight and haven't gained it back on.

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Please describe your weight control experiences with Hemp Hearts:

I don't use it for weight control, but I'm sure it could be used for that, because if you don't feel hungry + eat less, or don't crave wrong foods - one would lose weight.