

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:

They are very satisfying & do general hunger in a hurry for wife & me - It also keeps us on weight since we don't feel need to overeat.

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:

Hemp hearts help me control my weight.

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:

We do not have to worry about gaining weight when we use hemp hearts.

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'm not very strict with my diet but I have been consistent with the weight since I started with hemp.

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Please describe your weight control experiences with Hemp Hearts:

I have four tablespoons each morning and eat a sandwich with soup for lunch. (homemade bread & soup) I have meat for supper with fresh salad, rice or potatoes and vegetables.

I didn't need to lose much weight but lost 6 lbs the first few months and am maintaining my weight.
I am 70 years old.

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Please describe your weight control experiences with Hemp Hearts:

I do not have a weight problem but did find that I lost a few pounds shortly after starting hemp hearts. I changed a few other foods that I was eating so I can't say for sure that the hemp hearts contributed solely to the weight loss.

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Please describe your weight control experiences with Hemp Hearts:

I prefer combining Hemp Hearts with cooked porridge or bran buds & inadvertently my weight dropped at encouraging but gradual pace & am maintaining same.

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Please describe your weight control experiences with Hemp Hearts:

I lost 10 lbs when I first used hemp hearts in my diet & that weight stays the same ever since