

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 been able to maintain my weight much more easily

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:

It is an excellent base for the day. O/B or I have salad + a protein (meat, chicken, fish) at lunch, fruit snacks and veggies + starch at dinner. I keep my weight low easily in this regime.

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Please describe your weight control experiences with Hemp Hearts:

I maintained a regular weight program by taking Hemp Hearts and do not look for high calorie foods.

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Please describe your weight control experiences with Hemp Hearts:

I don't need weight lost I found that my weight is under control eating normal, which it did not occur before taking Hemp Hearts.

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Please describe your weight control experiences with Hemp Hearts:

I have always used hemp hearts as a way to ensure I'm getting all my essential ~~fat~~ Omega 3, 6, + 9's;

Not for weight loss, but I have no doubt they would work very effectively to do so as they keep hunger to a minimum.

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It has definitely contributed to our weight control as we do not need to eat until dinner time.

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Please describe your weight control experiences with Hemp Hearts:

After 2 years I'm 10 pounds lighter, I feel good + have energy to mow a larger corner lot + ~~have~~ have a large garden.

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Please describe your weight control experiences with Hemp Hearts:

before I started hemp hearts I weighed 240 pounds + now I am down to 210 # + been there for about 2 years.