

~~We claim that because of the protein content of hemp hearts~~  
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:

When I use the hemp hearts I do not ~~feel~~ hungry or irritated as I would with regular food. The hemp hearts fill and does not make me feel full & tired. It gives me a light tummy feeling and no tiredness.

Please describe any internal changes experienced relative to pain and tissue inflammation:

I have fibromyalgia and it seems I am controlling the pain and am able to work much harder and have few bouts of being "down" with aching.

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 ~~have~~ lost 65 lbs in the 1st. 6 months of eating Hemp Hearts. The combination of them & my 30 minute brisk walk, have greatly improved my muscle tone of my complete body. I feel good, look good and my attitude has completely changed about myself.

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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'VE LOST OVER 30 LBS, AM VERY ACTIVE, AND LOOK AND FEEL GREAT.

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:

HEMP HAS GIVEN ME AN ABUNDANCE OF ENERGY. I USED TO FEEL TIRED AND SLOGGISH, BUT NOT ANY MORE.

I HAVE LOST OVER 30 POUNDS, AND PEOPLE I HAVEN'T SEEN IN A WHILE SAY I LOOK HEALTHY AND PHYSICALLY FIT.

Please describe changes to blood pressure indicative of changes in the elasticity of arteries:

I used to have high blood pressure caused by stress, now I have regular check ups all of the time.

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Please describe your weight control experiences with Hemp Hearts:

I originally started Hemp Hearts because I was supposed to die in 2006. I wanted to get off my 3 medications, that were slowly killing me, increase my energy and give me back a purpose for living. All of this happened with the added bonus of losing 86 lbs. and keeping it off.

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Please describe your weight control experiences with Hemp Hearts:

I lost 10 pounds of weight and never gained any weight on lost and and I feel great. I have lots of energy and on the go all the time.