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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 HAVE NOT BEING BEEN TRYING TO LOOSE WEIGHT, HOWEVER, I HAVE LOST ABOUT 15 POLLNOS AND SEVERAL INCHES. I HAVE found THAT I AM SELOOM HUNGRY-PRIOR TO TAKING HEMPHEM I CROVED CHOCOLATE NOW I SELOOM EAT CHOCOLATE, ALSO MRY DESIRE FOR DESSERTS HAS DEMINISHED-TSELDOM GET HUNG.
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AROUND 6:00 p.m