

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:

1 Tbsp. along w. 1 Tbsp. Flax seed ground, 6oz fruit (raw)
2 Tbsp. Yogurt will keep my hunger at bay for 4 hours. I usually have 1 slice whole grain bread in addition as we often do not eat more than 2 meals

We claim that those who use Hemp Hearts in quantity every morning with long fiber foods, who minimize their weight by avoiding sugar, starches and processed foods, inevitably notice improved tissue health—reduced tissue inflammation and improved tissue elasticity.

Please describe any external changes experienced with respect to skin and hair conditions:

The fact that I feel satisfied + don't have energy fluctuations reduces cravings for all junk + unhealthy foods.
My skin is no longer dry in the winter months.

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Please describe your experience regarding hunger and Hemp Hearts:

I TAKE HEMP ORALLY WITH WATER EVERY MORNING WITH BREAKFAST - I LOVE THE FRESH NUTTY TASTE. IT CURBS MY HUNGER UNTIL LUNCHTIME, ITS WONDERFUL!

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Please describe your experience regarding hunger and Hemp Hearts:

Yes because of the good protein and the fact that I have eaten something that tastes so good I am ready to eat at lunch time but not starving for food.

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 find I have to remind myself to eat in afternoon so I don't lose weight. (ie. still hemp hearts as breakfast.)

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Please describe your experience regarding hunger and Hemp Hearts:

With yogurt & power in A.M. 5tbl of Hemp hearts keeps me satisfied, absolutely ~~have~~ yogurt approx. 2-3 PM so I don't lose weight !!

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Please describe your experience regarding hunger and Hemp Hearts:

I've been eating my 5tbl of hemp hearts every morning and find that sometimes lunch hour passes me by because I've not been hungry although I do try to eat a healthy lunch every day because I think it's better for me.

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Please describe your experience regarding hunger and Hemp Hearts:

I agree with this statement. I've found that minimal consumption of food at lunch is required, and the desire for starches & sugars was significantly decreased