

We claim that diabetics who use Hemp Hearts in quantity each morning with assorted vegetables, totally avoiding sweet fruit, starches and processed foods—minimizing their weight—are often able to improve circulation and reduce their dependence on insulin. Please describe your experiences with Hemp Hearts and any serious health condition:

my son in laws is diabetic is a believer.

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 CEREAL (SHREDDLES) & HEMP HEARTS FOR BREAKIE + I USUALLY DONT FEEL HUNGRY UNTIL 2 PM. I START WORK @ 6⁰⁰ AM. BREAKIE IS AT 5¹⁵ AM.

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 4 tablespoons each morning together with one small orange and 1/2 cup AU Bran. I then eat a salad for lunch and dinner in the evening.

2. 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 spoon about 2-3 TBSP in my cereal & add fresh or frozen fruit & have found that it sustains me for approx. 5 hrs. without craving a snack. I also add to Yohurt (prefer plain Balkan style), about 2-3 TBSP & a top of honey.

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Please describe your experience regarding hunger and Hemp Hearts:

*Eat in the Morning
and noticed a lot less hunger
till next meal*

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Please describe your experience regarding hunger and Hemp Hearts:

*Hemp Hearts really curb my appetite & allow me
to eat less throughout the day.*

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Please describe your experience regarding hunger and Hemp Hearts:

Hemp Hearts DEFINITELY CURB THE APPETITE BECAUSE OF THE PROTEIN

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 experiences regarding hunger and Hemp Hearts:

I don't eat 5 tbs. everyday. Usually 2-3 tbs.

*I have found that since eating this amount, I don't get hungry between
breakfast & lunch.*

*I use to find (before H.H.) that I would feel extremely hungry around
10:30 am. & had to eat something.
Most days I am not hungry till lunch time or a small piece of fruit will
hold me until lunch time.*