

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:

I have enough energy to work vigorously until mid or late afternoon before I need something to eat. I don't feel the need to eat a lot in the afternoon or evening.

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 could be described as a food-junkie. Since I've been taking Hemp Hearts I can often be surprised to see that it is 3:00 pm before I feel hungry again.

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Please describe your experience regarding hunger and Hemp Hearts: I used to suffer from lack of protein & fiber due to my gluten-free diet, however the protein & fiber content in Hemp Hearts adequately supplies my needs. My breakfast consists of 5 tbsp. of Hemp Hearts mixed with non-fat yogurt & fresh fruit. I am not hungry through the morning, therefore I only eat a light lunch at noon.

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:

I agree that no-compromise avoidance of sweet fruit & starches & processed foods will improve health in the ill incl. the chronically ill. Cravings go away, too. Also the constant thinking about food goes away. It's all WONDERFUL
Brod

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Please describe your experience regarding hunger and Hemp Hearts:

When using hemp hearts for breakfast I have no desire for morning snacks.

For almost ten years we have been manufacturing and marketing a food product called Hemp Hearts (shelled hemp seed) which, by laboratory analysis, is an excellent source of protein, omega fats and essential nutrients, but which contains virtually no sugar or starch.

Please describe yourself and the length of time that you have been using Hemp Hearts:

I am 68 yrs old and a diabetic, I have used hemp hearts for over 3 years. I find that after I have some hearts for breakfast, I cut down ~~on~~ on my eating and because of this my sugar level ~~is~~ drops.

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Please describe your experience regarding hunger and Hemp Hearts:

I use 3 heaping tablespoons each morning and this certainly makes a difference at lunch.

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Please describe your experiences regarding hunger and Hemp Hearts:

I follow the guide sent with Hemp Hearts and I do not feel at all hungry at lunch time - usually around three P.M. I will have something to eat but I don't have any desire for pastry etc. - and I could go without food till later but just think I should have a little around three o'clock - sometimes later.