

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:

OUR FAMILY ~~HAS~~ <sup>HAS</sup> BEEN ABLE TO EAT LESS & NOT FEEL HUNGRY SINCE EATING HEMP HEARTS WITH BREAKFAST, ON SALADS & BY THE SPOON FDC!

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:

I have been under Naturopathic care for almost 4 years. By the time I discovered H. Hearts, I had already been off sugar, starches, proc. foods, dairy, most red meats, coffee etc. Our lifestyle change had already happened. H Hearts made it so much easier to stick to the change.

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I use only 4 heaping Tbsp. each morning plus cereal (1/2c) with 1% milk (1/2c) and I usually have tea & perhaps a piece of fruit for lunch.

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Please describe your experience regarding hunger and Hemp Hearts:

I don't have a problem eating. I follow the hemp heart 5 Tbs with fresh fruit every morning, eat small lunch and generous supper.

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Please describe your experience regarding hunger and Hemp Hearts:

In my experience your claims are valid. I can skip lunch completely and not eat between breakfast and 6-7 P.M. If I eat at lunch time it is usually a small amount of canned fish - herring or mackerel.

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Morning serving of Hemp Hearts able to go mid afternoon before wanting lunch. Meals smaller size.

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Please describe your experience regarding hunger and Hemp Hearts:

I found that after eating Hemp Hearts in the morning, I was much less hungry at lunch, consuming half the amount of food for lunch than I used to. Likewise at dinner time, I had no desire to snack inbetween meals either.

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YOUR CLAIM IS CORRECT. MY APPETITE HAS BEEN LESSONED WITH USE ALTHOUGH I STILL EAT 3 MEALS A DAY, OUT OF HABIT, BUT PORTIONS FOR LUNCH, WHICH MY BIG MEAL AT SUPPER IS JUST A LIGHT SNACK.